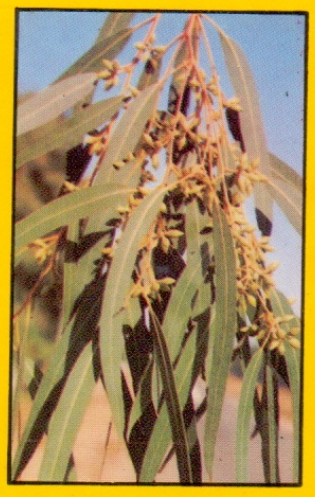
MYRIAD NUMBER OF DRUGS ARE BORN NOT MADE



INDUSYUNIC MEDICINE

Traditional Medicine of Herbal, Animal and Mineral Origin in Pakistan

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PREFACE

All cultures from prehistoric times to the present day have used plants, animals and minerals as sources of medicine. The traditional system of medicine commonly known as Tibb Unani has served the people to alleviate diseases and ward off malaise in different regions of Pakistan. It is mainly for the last four decades that a rapid development has been witnessed in the practice and application of Unani system of medicine. Nowadays an amalgamation of old and new curative effects through crude drugs therapy have found their way in traditional medication. Study traditional knowledge in the present circumstances on the utilization of herbal, animal and mineral drugs in the health care, can be best represented through Indusyunic medicine. The name carved out as Indusyunic medicine actually imply the state of art and science of traditional therapy in Pakistan and it clearly distinguishes from the ancient conceptual Unani and Ayurvedic systems of medicine being practised in subcontinent. To build the logical support for Indusyunic medicine, the new interpretation of the Unani system of medicine is hereby presented in different chapters. Beside data on herbal drugs used as Indusyunic medicines is delineated along with new herbal entries and drugs of animal and mineral origin. As such some of the new herbal entries are based on the use of herbal drugs in vogue in the Western countries (like U.S.A., U.K., Germany, France, etc.) as well as Far East Asian regions (like China, Japan and Korea). This data explicitly manifest the present day accumulation and utilization of knowledge and experience regarding natural (herbal, animal and mineral) material with the aim to prevent and control diseases. The monographs collectively provide not only an understanding of Indusyunic medicine - its practices and conceptual features - but also gives an insight into the usage as treatment that is a significant part of therapy.

Pakistan is a country of 90 million peoples, represented by 5691 known plants, having a total area of 796096 sq. kms of land, and the river Indus passes through its 1500 miles long course. In this scenario and out of the above mentioned fusion of culture and geography, the medicinal plants - herbal drugs, as well as animal and mineral drugs have made tremendous and incredible contributions to the national health care - all this is the biomedically new concept of Indusyunic medicine. This in time will gain recognition.

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Chapter 1

INDUSYUNIC MEDICIEN
The Traditional Healing Reassessments

Asia, the massive giants of continents, spread its 17,000,000 square miles from polar enclaves to regions of tropical abundance. Asia vastness is occupied by desert, steppes and frozen landmass. Rugged upland areas stretch from Turkey, Iran, Afghanistan through the high rise Tibetan plateau. These barriers separate Asia into South West, South and South East Asia from that of arch angle of 15 new republics carved out from Russian empire.

Rimming the south and east coasts of the continent are the most densely populated regions of the world, each dominated by a life giving river system. The Tigris, and Euphrates, the Indus and Ganges, the Irrawaddy and Salween, the Menam and Mekong, the Youngtze and Hwang Ho.

The civilization associated with this populace were developed largely upon the strength of intensive agricultural system. Therefore a way of life has resulted consistent with their heritage, historic contribution, natural resources *vis* a *vis* their interaction with the different societies, culture and civilization, and amalgamation of their learning and knowledge for their physical well being.

Pakistan which came into being in 1947, historically it is the area drained and irrigated by the river Indus. Therefore it seems that actually it is the river that derives the name from the area it washes throughout its length either from its tributaries, canals or branches. Pakistan during the course of 49 years is a political unity comprising four provinces Punjab, Sindh, Balochistan and North West Frontier Province and also federally administered tribal areas, with their distinctive languages and custom leading to the formation of homogeneity because of common civilization and outlook on life.

Pakistan is situated between 23-37^{o}N and 61-89^{o}E. The total area is 796096 sq. kms. It comprises four provinces: Punjab (205345 sq. kms.), Sindh (140914 (sq. kms.), North West Frontier Province (74521 sq. kms.), Balochistan (347190 sq.

kms.), federally administered tribal area (27220 sq. kms.) and the capital Islamabad (906 sq. kms.).

Pakistan occupies a historic and significant position because in north it has common border with Peoples Republic of China, in the West is Afghanistan, and in South is Iran. To the east is Indian territory, whereas Arabian Sea occupies in the South.

Pakistan comprises six major physical geographical regions (i) northern mountains, (ii) western off shoots of Himalayas, (iii) Balochistan plateau, (iv) Potwar plateau and salt range, (v) upper and lower Indus plains, (vi) Thar desert.

1. Northern Mountains

The north eastern mountains are the highest mountains of the world referred to as Himalayas. The part of this mountain which is under Pakistan area consists of four parallel ranges (i) Siwalks range, (ii) Pir Panjal range, (iii) the central Himalayas, (iv) Karakoram range. North western mountains are also known as western branches of the Himalayas. These mountains consists of several parallel ranges and are lower in altitudes than the eastern mountains. These mountain ranges lie north to south and these have the following divisions (i) The Hindu Kush, (ii) Koh Safaid, (iii) Waziristan hills, (iv) Sulaiman mountains. In the west of lower Indus occupies a hilly area called as Kirthar hills.

2. Balochistan Plateau

The plateau lies to the west of Sulaiman and Kirthar mountains, the dry hills run across the plateau from northeast to the southwest. These hills are 30,000 mm high. The Toba Kakar and Chagi ranges in the north separate it from Afghanistan. The Brahui and Makran ranges lie in the centre and coastal Makran range skirts the south of the plateau. The only river of importance are the Thob which flows into the Gomal in the north, and the Porali, Hangol and Dasht which flow into the Arabian Sea.

3. Potwar Plateau and Salt Range

The area of salt range begins in the east near the Jhelum in the Jogi Tilla and Bakralla ridges and runs southwest to the north of river Jhelum for some distance before turning northwest to cross the Indus near Kalabagh. West of the Indus the salt range continues south into the district of Bannu and Dera Ismail

Khan. North of the salt range the area of Rawalpindi, Jhelum and Mianwali districts are known as Potwar plateau.

4. The Indus Plains

River Indus is the largest river which originates from lake Maansarowar in Tibet passing through the Himalayas enters into Pakistan territory near Gilgit. In the upper region a number of streams joins it, but at the later stage some of western and eastern tributaries make it more huge and vast in volume and speed. Its eastern tributaries includes river Swat, Kunar, Panjgore, Kabul, Kurram, Tochi, Gomal and Bolan etc. Satlaj, Beas, Ravi, Chenab, Jhelum are the main eastern tributaries of river Indus. All these rivers after originating from Himalayas mountains and passing through the areas of Kashmir enter into the territory of Pakistan. The river Bias joins Satlaj near Harike in East Punjab (India). Similarly Satlaj, Ravi, Chenab and Jhelum after passing through Punjab in Pakistan join at place known as Panjnad (meaning five rivers). After merging at that place these then join collectively in river Indus at Mithankot. After partition, India and Pakistan signed a treaty of division of Indus water which deprived Pakistan from the use of waters of Satlaj, Beas and Ravi. The Indus plain areas can be divided into three (i) the upper Indus plain (from Attock to Mithankot), (ii) the lower Indus plain (from Mithankot to Thatta), (iii) the deltaic plain (from Thatta to coastal strips). The indus delta begins near Thatta (Sindh) ultimately river Indus joins with the water of Arabian Sea.

5. River Indus

The great river Indus flows through its course from Tibet and Ladakh to Thatta and Shah Bunder in Pakistan. After the creation of Pakistan in 1947, the people who have been living along the both sides of the river, falling within territory of Pakistan, have witnessed over a period of 49 years, a social and anthropological changes in their lives and attitudes than a mere geographical relocation. In Sanskrit classics, the name of Indus river is given as Sindhu. The Greek historians and travelers changed it to Indus, from which the inhabitants of the region Heyon it came to be called as Indoos. But, the most well known name for the river in the region itself remains Sindh, a province of Pakistan also being designated by the same name. But there is also a possibility that the original name of the world famous Indus or Sindh river is Singh Khabab, as it is known to the people of Ladhak. It means the "mouth of the lion". Because the

people of this northernmost region of the subcontinent believe that this river originates in their mist.

The social value which includes one most important bearing - the health and health design of the people - the traditional system of medicine have been influenced by the river and the use made of its course. Because largest portion of the course of Indus passes through Pakistan. Therefore it can be said that Pakistan is formed by the river Indus and its innumerable tributaries from eastern and western sides of its 1500 mile long course. The vegetations or plants grown naturally or cultivated in the hilly areas and in the plains have been utilized for the cure and well being of its people. Therefore the study of medicinal plant utilization and its use in health care provides a fascination in the changing pattern of traditional system which has developed in its own way as a localized or isolated phenomenon which needs a name of the system in its own, and that is why the word Indusyunic seems more appropriate and plausible to describe the overall impact of typical curative tradition.

6. Traditional Medicine

The traditional system of medicine in Pakistan owe its origin in antiquity, therefore, usually it is referred to as Unani system of medicine (Unani meaning Greek). The origin of Greek medicine can be traced back to Aesculapius, Hippocrates, Dioscorides and many more who enormously contributed to the many virtues of herbal medicines. Greek medicine found its votaries among Arabs who developed the traditional medicine manifold, the prominent among them are Rhazes, Avicenna, Al-Idrisi, Ibn Al-Baitar, Ali Ibn Rabban, Ibn Al-Nafis, and others. The Arabs, preserved and gave impetus to the art of learning and practice of traditional medicine. This system of medicine flourished for centuries in middle east, southeast and central Asia. It is for this reason, this system of medicine has been referred to as either Arabic medicine, or Greco-Arabic medicine. With the spread of Islam from the Arab peninsula to the areas as far as Spain on one side, and on the other side through Iran, Indo-Pakistan, Afghanistan, the central Asian regions, Malaya, and upto Indonesia, the Greco-Arabic complexion of traditional medicinal system in the larger context has also been designated to as Islamic system of medicine. After the creation of Pakistan, the prevalent traditional system of medicine was also cited as Eastern or Oriental system of medicine to distinguish with the system of medicines in vogue in the west i.e. allopathy and homeopathy (Germany being the home town for homeopathy). Tibb and Hikmat, the two words are also popularly known for the traditional system of medicine in Pakistan and other Arabic

speaking countries. Actually these two words are of Arabic origin, Tibb means medicine, Hikmat meaning the doctrine of medicine.

7. History

Pakistan traces its history back to at least 2,500 years before Christ, when a highly developed civilization flourished in the Indus valley areas. Excavation at Harappa, Moenjodaro, and Kot Digi have brought to light evidence of an advance civilization existing about that time. Round about 1,500 B.C., the Aryans overwhelmed this region, and by and large, influenced the Hindu civilization whose centre moved to Ganges valley, further east. Later, the Persians occupied northern regions in the 5th century B.C. The Greeks came in 327 B.C., under Alexander the Great, and passed away like meteor. In 712 A.D., the Arabs, led by Mohammad Bin Qasim landed near Karachi, and ruled the lower half of Pakistan for two hundred years. During this period Islam took roots in the soil and influenced the life, culture and traditions of the people. In the 10th century A.D. began the systematic conquest of South Asia by the peoples from Central Asia (Tajikistan, Kyrgyzstan, Uzbekistan, Turkmanistan, Khazakhistan, Mongolia etc.), who ruled almost the whole subcontinent upto 10th century A.D., when the British occupied the land and ruled for nearly two hundred years, but for only 100 years over what is Pakistan now.

8. Behind the Names

There are times when the true meaning of an application has taken on new importance for the people of a geographic entity. But how can you be assured of traditional medicine application in exchange for your health design. One way is to look beyond the name of a natural drug and discover something about the system of medicine behind it. But how many names traditional medicine can afford for the applications of natural drugs: Oriental, Eastern, Unani, Greco-Arabic and Islamic. But all these are neither representative nor bore meaning of the system of medicine being practiced now in Pakistan. In the following pages the name is carved out for the natural drugs and its system of medicine as "Indusyunic" medicine which clearly spells out that the traditional system of medicine perpetuated and developed in the vast area along the bank of river Indus which now constitute Pakistan. Indusyunic medicine, therefore, represent the amalgamation of learning of herb drugs and their use as medicine available to the peoples of Indus."Indus", the river, "Yun" (Yunan) meaning Greek, therefore mixing the two words with adjective, could be called as Indusyunic.

9. The Sino-Han-Kampo and Ayurvedic-Indusyunic

If we look at the scenario of traditioanl medicine in Far East Asia, then Chinese system of traditional medicine have influenced and traveled a distance for application and utilization as far as Korea and Japan and dominated for over sixty years as Chinese Medicine. But with the development of traditional system of medicine in their own way and context of learning of healing art, the traditional medicine in Japan and Korea are progressively referred to as Kampo-Yaku and Han Medicine respectively and are quite independent of Sino (Chinese) medicine. Keeping these point of views in consideration there appears to be quite sharp division between traditional system of medicine being practiced in India and Pakistan <196> both independent in way of their implications and application, need to design their traditional medicine with name of their own, such as Indusyunic and Ayurvedic for Pakistan and India respectively.

Traditional medicine

Sino Medicine (China)	Kampo Medicine (Japan)	Han Medicine (Korea)

Traditional Medicine

Ayurvedic Medicine (India)	Indusyunic Medicine (Pakistan)

Pakistan stretches right from Arabian Sea on the west to Tibet plateau. Starting from the Arabian Sea level, Pakistan rises, to 8611 meters at K-2 (second highest peak of the world) in Karakoram range where its frontiers reach the permanent snow fields of Wakhans in Pamir regions).

In Pakistan flowering plants are represented by 205 families, 1557 genera and c. 5691 species including naturalized and cultivated taxa. Pakistan has a coast line of 885 km bordering north Arabian Sea. The marine seaweeds comprise 177 genera and 475 species of marine planktonic and benthic algae.

Four phytogeographical regions of Pakistan are recognized by Ali and Qaiser in an analysis of phanerograms of Pakistan

i.e. (1) Irano-Turanian region, (2) Sino-Japanese region, (3) Saharo Sindhian region and (4) Indian region. Overall there are only 6 endemic genera, and estimated 372 endemic species in Pakistan out of 5691 species.

Herbal medicinals have always been used since prehistoric time till todate for curative purpose and plants provided most of these drug entities. An organized study of natural products, started at the beginning of 19th century, has been a pivotal factor in the development of potent biologically active molecules from plants. Therefore plants not only continued to retain their historical significance as one of the important source of new medicine for the treatment of diseases like cancer, acquired immunodeficiency syndrome (AIDS), malaria, schistosomiasis, and disorders of cardiovascular and central nervous system, and many more. For all these reasons, bioactive molecules of plants have been always available to serve as source of inspiration to advance the traditional medicine and to prepare it to accept new challenges in time to come.

The Indusyunic medicine, which is in vogue in Pakistan, is based on plants, animals and minerals medicine having the definite principles and application, being practiced and perpetuated in the past and at present time is amalgamating the scientific theories and arguments. Thus Indusyunic medicine is now growing out of the fusion of diverse thought and experience of an ancient cultural heritage vis a vis new applications and technologies based on scientific approach for a better health drug delivery system in the changing times. Therefore the Indusyunic medicine has embarked upon a program to get enriched by imbibing what is best for health care for the people living in Pakistan. The Indusyunic medicine in time to come will pave way for more scientific enquiries, investigations and research in different aspects of herbal therapy with rationalization to understand it even better. An attempt is made in this text to investigate all the material and component of Unani medicine. Traditional Unani medicine being practiced at the time being in Pakistan to be understood better in the form of Indusyunic medicine, to provide comprehensive learning and thus to compliment the information of healing phenomena by herb animal and mineral drugs. Consequently the Indusyunic medicine aims at combating diseases and preservation and promotion of health through curative, preventive and promotive measures. For the treatment of various common and chronic diseases, medicine obtained from natural sources e.g. plants, animals and minerals, are used in this system. The subsequent

chapters in this text were given a free rein in terms of contents on Unani medicine so that Indusyunic medicine be understood for the maintenance of health, ward off ailments, and seek remedy to alleviate diseases.

Consequently-medication, simply stated and in a curative sense, would be the ability to see the well being of a subject through the trees, animals and minerals existing on this earth; to be able to look diseases beyond the coming time; to be able to anticipate possible variation in the malaise and malady, and thus proactively take action to diagnose and prescribe traditional medicine; to be non-averse to adopt change in a dynamics to treat and to heal; to be able to determine what the Indusyunic medicine can be and achieve at its very best to serve the people in their health care design.

Chapter 2

BASIC THEORY AND PHILOSOPHY (HUMAN BODY IN HEALTH AND DISEASE)

In the light of inferences and references on the history of science the course of acquisition of knowledge shows that the Arabic medical tradition was a continuation and revival of not only the Greek science but also of Iranian and Indian concepts. This process of knowledge procurement, assimilation and progression in the Islamic tradition through the history is imperfectly known due to various reasons which require many more investigations than have hitherto been possible. However, it is well-known that this system of medicine is based on the Hippocratic Humoral Theory.

Hippocrates was born about 460 B.C. on the small island of Cos. The Middle Ages generally regarded him as the 'Father of Medicine'. From fifty to seventy books were later attributed to Hippocrates, and in the third century B.C. they were collected in Alexandria into the `Corpus Hippocraticum'. This great collection of medical writings contains some what obviously come from authors in different periods and of different schools of thought, others should be attributed to Hippocrates himself, or to those who were very close to him (like his son-in-law Polybus). The major contribution of Hippocrates, is that he:

1. established the fact that disease was a natural process

2. made people realize that symptoms were the reaction of body to disease(s)

3. first time introduced the idea that the chief function of physician was to activate the natural forces of the body (to act against disease).

Hippocrates is credited to have transformed medicine from the mixture of empirical, pseudo-scientific and superstitious into science. He freed medicine from the surcingle of superstition on one hand and from the philosophical speculation on the other hand. The greatest contribution of Hippocratic medicine - indeed is to relate the cause to the effect and to discover the points of similarities in the classification of diseases and thereby placing diagnostic treatment on sound basis.

Hippocratic Humoral Theory

The theory supposes the presence of four humours in the body (blood, phlegm, yellow-bile and black-bile). Temperaments of individuals are expressed according to the preponderance of humours (these may be sanguine, phlegmatic, choleric and melancholic, respectively). The humours themselves are assigned temperaments. As the individuals are assigned specific temperaments, likewise animals, minerals and drugs (natural) are assigned temperaments and their orders (standards) are considered in the light of their pharmacological potential (or efficacy). This brief concept can be tabulated as under:

	Humours	Temperament	Individuals' temperament
1	Blood	Warm and moist	Sanguine
2	Phlegm	Cold and moist	Phlegmatic
3	Yellow-bile	Warm and dry	Choleric
4	Black-bile	Cold and dry	Melancholic

These humours, like everything else in the world of nature, are composed of the elements and natures in different mixtures, proportions and combinations.

Including therefore humours (which constitute the building units of the body and are considered as the primary body-fluids produced from digested food) there are seven fundamental theoretical and functional principles regarding the human body:

1. Arkan (Elements) comprising different stages of matter and materials entering into and forming a part of everything in the universe (Elementary constituents)

2. Mizaj - the body temperament (biochemical/ physico-chemical constituents)

3. Akhlat (Humours) - the structural components (active fluid constituents)

4. A'da - the fully developed mature organs (anatomical constituents)

5. Ruh - the vital force or life – force

6. Quwa - the bodily power (Potential or kinetic energy)

7. Af'al - (the corporeal functions, physiological processes).

Among them, the first three are the theoretical principles which have entered into the phase of determination, distinction and analysis, whereas the other four constitute the somatic orientation of body, among them 5th (Ruh) is identified as Pneuma or Spirit.

The view expressed by Empedocles (504-443 B.C.) about the primordial substances of which the whole universe was composed of, viz., earth, water, fire and air, and of Alcmaeon (500 B.C.) about the state of health and disease being in equilibrium and disequilibrium in the body, were utilized by Hippocrates to uplift medicine from magico-religious basis to that of rational understanding. According to Hippocrates the human body was omposed of four humours - blood, phlegm, black-bile and yellow- bile, an equilibrium of which meant health, and a disequilibrium ensue disease. Hippocrates stated:

> “Concerning the composite parts of man's body, it has blood, phlegm, yellow-bile and black-bile. These make up his parts and through them he suffers illness or enjoys health. When all of these elements are truly balanced and mingled in proper ratios, he feels the most perfect health. Illness occurs when one of these qualities is in excess or is lowered in amount or is entirely eliminated from the body. Because when one of these elements is isolated so that it has no balance with one or the others, the particular part of the body, where it is supposed to make balance, naturally becomes diseased.”

Arab physicians followed the humoral theory of Greek medicine to explain the conditions of health and disease and through their own observations and concepts, further elaborated this theory.

Thus matter (comprising elementary constitution-arkan) in its different states and forms helped by the temperaments (mizaj) of its individual constituents produces humours (akhlat) or the

structural components of the body. Their different components combine to produce the organs (aza), and the life-spirits (arwah). The organs with the help of spirit or pneuma develop energy (quwa) which is made to manifest itself in the actions (af'al) of the body.

Details about each of the above categories will be discussed subsequently.

Vis Medicatrix Naturae

According to Unani system of medicine, every person is supposed to have a unique humoral constitution which represents his healthy state. Any change in this constitution brings about a change in his state of health. There is formulated also a power of self-preservation or adjustment (vis medicatrix naturae) which strives to restore any disturbance within the limits prescribed by the constitution or state of the individual.

Great reliance is placed on this power, the aim of the physician being able to help restore and develop rather than supersede or impede the action of this power. The consequence of this act is that by the use of Unani medicines not only is the system enabled to overcome the present disturbance under the force of intrinsic power already available in the body but it also emerges, after recovery, with greater power of resistance to future disturbances. In case of emergencies or immediate daily life sufferings of common origin, simples' (mufradat) use is advised which are usually available from the stock of house hold remedies. Unani medicines actually help this power of self-preservation either by re-activating it directly or by assisting it against specific disease situations.

Expressing his opinion about the Unani theory of humours, Sigerist, the well-known medical historian, stated:

> It was a highly workable theory and explained a great deal. Each humour had elementary qualities. Thus blood was hot and moist like air, phlegm was cold and moist like water, yellow-bile was hot and dry like earth, whereas lack-bile corresponds with the availability of element identified as fire - the cosmic element. Man was part of nature. Nature was constituted by the four elements, the human body by the four humours, and elements and humours had their elementary qualities in common. They formed the bridge between the microcosm (Individual) and the macrocosm (Universe).

When the humours were normal in quality and quantity and well mixed so that the condition of eukrasia prevailed, man was healthy. However,as a result of disturbances, one humour came to dominate in an abnormal way, the balance was upset, the mixture lost equilibrium, a dyskrasia prevailed and the individual was sick. What happened was that the organism, by virtue of its innate healing power which later was called the vis medicatrix naturae, endeavored to restore the balance. The humours, which were considered crude in beginning of the disease, underwent a process of ripening, a coction; and when they had matured, the faulty matter, the mateua peccans, was driven out in the urine, the stools, sputum or as pus. Whereupon the balance was restored and the patient cured. On the other hand if the disturbance was such that the natural process could not overcome it, the patient succumbed. The very important practical consequence of these views was that the physician was taught to direct his entire treatment in such a way that it would assist the innate healing power of the body and avoid whatever might possibly antagonize it. He did this by prescribing an appropriate diet, the effect of which could be enhanced by drugs. However, in certain cases, he took recourse to the surgical procedures. By opening an abscess he helped nature to drive out the pus (and by venesection he assisted quick draining of blood containing malhumours which have entered into its composition and deposited, or have become the cause of any specific humour's decline in the blood composition), thus shortening the process and saving the forces of the organism.

The humours had elementary (qualities) and (since they determined the character of the diseases, these had) also dominating qualities. Drugs, too, like other objects of nature, had definite qualities, specific temperaments and thus a disease that was warm and moist was to be cured by drugs that were cold and dry. Galen has well-differentiated between four degrees of intensity. The theory of four humours could also be used to explain the various constitutional types of humans. No two individuals are the same, but one can distinguish certain groups. They are tall and short, fat and lean, intelligent and dumb, irascible (irritable and hot- tempered) and sullen (ill-humoured, moody). It was observed in antiquity that certain physical and mental qualities occur in definite combinations. Stout persons are usually good-natured. The devil is never pictured as fat, for this would have made him a good devil (possibly the healthy-one). The humoral theory seemed to explain these differences. It was assumed that one of the four humours could slightly

dominate physiologically without causing disease. Thus, if black-bile (normal-Saudawi mizaj) dominated the individual belonged to the melancholic type. It was the type to which many men of genius belonged-philosophers, statesmen, artists; but there was a somewhat imbalanced type which today we could call maniac- depressive, the people who sometimes are in high spirits and sometimes deeply depressed. Similarly, it was assumed that blood, phlegm, and yellow-bile could dominate physiologically and so the Arab physicians describe the sanguine, phlegmatic and choleric types.

The theory of four humours had a most prolonged influence on medical thought and it illustrated graphically the philosophical interpretations of disease. The humoral theory was the result of many brilliant and correct observations. It was logical, explained many phenomena of health and disease, and have valuable guidance to the medical practitioner, and it was not scientific in our sense of the word: nobody had ever seen the black-bile and the qualities warm, cold, dry, moist were not physical concepts.

> Scientific experiments were conducted in biology too, but the scientific means (as to explain or observe humours in physical sense) were not available for a physical interpretation of health and disease, and the need for a comprehension of these phenomena was satisfied by logical philosophic speculations.

An eminent exponent of Unani medicine, Hakim Abdul Hameed, has this to say about the theory of temperament:

> Not long ago many modern physicians ridiculed the theory of temperament (based on humours). They put it aside as an irrelevant off-shoot of ancient medicine. But now various branches of medicine, notably immunology, genetics, cytology, haematology and psychosomatic medicine etc., have begun to support the theory. These branches have unearthed the truth that as there are differences in the appearance of features of individuals, there is also a specific temperament having its own individual characteristics. Evidently, in order to deal with the problem of health of a person, some specific treatment is necessary. It appears that the day is not far-off when cards of patients will also contain notes about their temperament and laws of treatment in addition to the record of their sensitivity to antibiotics and chemotherapeutic agents. When this happens, the

method of mass treatment (through chemotherapy alone) will have to be discarded.

Revival of Herbal medicine, conservation of the nature and preservation of health, keeping in view the sanctity of the environment and the individual, as well as utilizing the available natural resources (instead of ultra-specific treating agents) through alternative systems of medicine, to alleviate disease on the micro- as well as macrosomic levels, all such contributions point towards realization of the fact that Holistic Approach is the most significant of all tactics being exploited to rescue today's human being from the clutches of ailments and diseases.

Prevention of Disease

Unani medicine aims at restoring the equilibrium of various elements and faculties of the human body. It presupposes the presence of a remedial nature in the human system and attempts to call it into action to restore the normal health. Unani medicine has recognized the influence of surroundings and ecological conditions on the state of health of human beings. It has laid down six essentials and has put greater emphasis on the one hand, on the maintenance of proper ecological balance, and on the other hand, keeping the water, food and air free from all pollution. The essentials, known in Unani medicine as “Asbabe-Sittah Zarooriah” include:

1. Air
2. Water
3. Food and Drinks
4. Bodily movements and repose
5. Sleep and wakefulness, and
6. Evacuation and retention

Therapeutics

The term 'ilm al-'ilaj' means the science of treatment or curative procedures.

This science is divided into four main branches:

(1) regimental therapy ('ilaj bi'l-tadbir')
(2) dietotherapy ('ilaj-bi'l-ghidha')
(3) pharmacotherapy ('ilaj-bi'l-dawa')
(4)surgery ('ilaj-bi'l-yad')

(1) Regimental therapy

This category of treatment covers a wide range of special techniques and physical means and processes of generally simple nature. These include venesection or phlebotomy, cupping, sweating, diuresis, the use of turkish baths, massage, exercise, purging, vomiting and even leeching.

(2) Dietotherapy

Diet plays a more important role in Unani medicine than in modern medicine. Consuming the right food and drink and in the right amount as well as in the right manner is one of the six essentials of sound health. In the view of Unani physicians, the effect of diet on both health and illness is generally more powerful than that of drugs.

The scientific basis of dietotherapy, according to Unani medicine, is the theory of correspondence between the natures within the humours of the body and the natures in food. Like drugs and humours, food possess various natures in different degrees, thereby affecting the humoural constitution of the person who consumes it. Accordingly, Unani dietotherapy seeks to cure certain diseases by regulating the dietary habits of the patient. Since the fundamental idea of therapeutics in Unani medicine is to find a medicine which can aid the body's natural power of self-preservation (traditionally called vis medicatrix naturae) to fight-off the disease in question. The task of a physician is also to prescribe a diet whose nutritive and pharmacological properties are capable of strengthening the individual body's natural power or what we now call immune system. The following remarks by a contemporary nutritionist and naturopath are very much in the spirit of Unani medicine:

> “We know that the human body has all sorts of weapons at its disposal to fight-off invading germs. There are many factors affecting functions of these weapons including previous exposure to similar germs, heredity stress, emotions and nutrition.”

(3) Pharmacotherapy

This is a field in which Unani system possess a remarkable wealth of knowledge and made many outstanding contributions to the advancement of medicine. Here the principles of pharmacology and pharmacotherapy are related to the humoural theory of medicine. The use of a particular drug is governed by three main factors:

1. the nature of the drug in question.

2. the nature of the ailment in question, and
3. the temperament of the patient.

The guiding principle is that the drug to be prescribed should possess qualities opposite to those present in the disease in question.

Unani literature on pharmacology contains a detailed view of the following:

(i) The nature, qualities, and temperament of drugs
(ii) Gradation of the potency of drugs (orders)
(iii) Division of drugs according to quality (pharmacological classification)
(iv) Action of drugs on various systems or organs of the body
(v) Use of purgatives
(vi) Administration of drugs dealing especially with:
  (a) dosage and timings
  (b) modes of administrating drugs
  (c) forms and shapes of drugs
(vii) Correction of harmful effects of drugs
(viii) Drug substitutes.

Unani pharmacology is very much concerned with the classification of drugs. Drugs in major are classified into four groups according to their qualities:

(1) drugs with warm temperament
(2) drugs with cold temperament
(3) moist drugs (including lubricants)
(4) dry drugs

However, the most well-known classification is the distinction between simple (mufradat) and compound drugs (murakkabat). `Simples' are those drugs which occur in their natural and simple state. `Compounds' are drugs as they are usually understood today. The branch of Unani pharmacology dealing with compounds is usually discussed under the topic of aqrabadhin which means drugs catalogue, pharmacopoeia, or medical formulary.

It is important that the full significance of Unani pharmacology be made better known to the modern world, especially in the light of the threat to human health posed by many synthetic or chemical drugs.

(4) Surgery

In Unani medicine, surgery is usually disapproved unless it is considered absolutely essential. It is generally considered that surgery was limited to the various forms of cauterization, caesarean and eye operations, oral surgery and dentistry. It is also referred that Traditional osteology, which is still widely practiced to day in many parts of the Muslim world, is not considered as a part of surgery. It is a pity over the part of modern medicine because it is the contribution of Arab surgeons unparalleled in the history of medicine.

In Unani system of medicine naturally grown herbs are generally used according to their temperament in various types of ailments. Use of mineral and animal drugs is also made following the specific treatment methodology (i.e. munzij-mushil or direct purgation etc.) and temperamental expression of the patient. It is interesting to note that the Muslim physicians encouarged poly-pharmacy and amassed a large number of pharmaceutical remedies. However with the process of the revival of traditional/alternative medicines all over the globe, once again use of simples (mufradat) is being promoted and work on preparation of lists of essential herbal drugs on regional and international level is underway.

Diagnosis

In the Unani system of medicine, diagnosis is made on the basis of clinical observations of the patients. For instance, finding the conjunctiva yellow, the diagnosis is made as jaundice. In this way for diagnosing a disease, physical observations are the principal guidelines in this system.

The observations are based on the following points:

1. Pulse
2. Urine
3. Stool
4. Palpation
5. Percussion
6. Respiration
7. External signs visible by the naked eye and also by touch sensation
8. History of the patient - present and past along with family history

Treatment

In the Unani system of medicine the patient is treated by:

(1) Herbs (mostly in crude form, their parts or as a whole)

(2 Animal products (substances derived from animals such as amber, castoreum, corals, honey, canthridium, pearls etc.)

(3) Minerals (such as ammonium chloride, arsenic, asphalt, bole armeniac, potassium carbonate, borax, silver foil, soapstone etc.)

Generally, the drugs used are based on poly-pharmacy (Murakkabat) but the use of simples (Mufradat) is also prevalent. Some recent studies are being conducted to rationalise a list of "Essential Herbal Drugs" which can be used without any fear of side effects round the globe for all age groups in recommended doses. The medicines can be used in the form of: aqua distillates, syrups, extracts, powders, pills/tablets, infusions, decoctions, electuary, oils, resins, fermented compounds, dentifrices, collyriums, calcined preparations, itrifals, preserves, confections, pastes, etc.

Prescriptions of the drugs for various treatments are generally based on:

(1) Temperament of the patient and state of the disease,

(2) Pharmacological activities and temperamental attribute (properties) of drugs,
(3) The possible form in which the drugs (simple/compound) may be used.

Prescriptions began with the legend Howash-Shaafi (Allah is the Healer). These contain informations about the dosage and how to prepare a specific medicine. Medicine is usually prescribed initially for three days, treatment being continued or changed according to the response of the patient. Diet is also prescribed accordingly. Medicines are prescribed considering the following points:

(a) Sex, (b) Age, (c) Habits, (d) Climate and Time, (e) Atmosphere (environment) of the patient and his creed, (f) Power (immunity) of the patients, (g) Temperament, (h) Body Structure, (i) Major Symptoms, (j) Psychology, (k) Patient's view about time of crisis he/she is facing, (l) Accompanying complaints along with actual disease, (m) Condition of Stomach, (n) Idiosyncrasy, (o) route of drugs, (p) Major and minor pharmacological actions of drugs, (q) Outcome/effects/side effects of medicines used previously (r) Occupation and

earnings. In case of emergencies specific treatment given or advised according to the situation.

The human body is given due respect and treated as a 'whole', so the treatment varies with the condition of patient and the state of the disease. In the first instance (i) Nutrition or nutritional treatment is advised. In the 2nd stage (ii) Nutritional medicines are prescribed. In the 3rd stage (iii) Medicines which also have nutritional attributes are given. In the 4th stage (iv) Medicines which have desired activity are administered.

Treatment also includes:

(1) Antipathogenic treatment ('Ilaj bi'l-Zid'), and

(2) Systematic general treatment (where herbs of low potency are used).

Chapter 3

ELEMENTS (ARKAN) (Philosophical Context)

Historical surveys show that the theory of elements (Arkan) was accepted from the original Greek concept of four elements as an unalterable credo. It simply means that on the basis of different theories (Thales - 6th century B.C., Empedocles - 5th century, B.C., Anaximander and Anaximenes - 4th century B.C., Aristotle-3rd century B.C., Aristotle, Plato, Galen, Hippocrates) put forward by the Greek philosophers, the concept of elements is one that was adopted by the Arabs in totality from the Greeks. Elements are not the real fire, air, water and earth, but these are the four states of matter described in terms of physical attributes as cosmological factors with the following attributes:

Element	State	Primary qualities	Essentiality
Earth	Solids	Heavy element (Dryness)	Necessary for organ
Water	Liquids	Heavy element (Cold)	Formation
Air	Gases	Lighter element (Moisture)	Formation and movement of
Fire	Energy	Lighter element (Heat)	Vital spirits

The elements are defined by Unani/Greco-Arab system of medicine as:

> "Arkan (or `Anasir' meaning elements) are simple indivisible matters which provide the primary components for the human body and other lively substances. They cannot be further resolved into simpler entities. The various substances (compounds) in the nature depend upon these elements for their existence on their imtizaj (specific chemical combinations." (Ibn-Sina 980-1037 A.D.)

The modern definition of elements is yet more simplified. It states: By the term element is meant constituents of substances which cannot be further separated qualitatively.

Thus, the account of elements given by Ibn Sina fully satisfies that there is hardly any difference between the ancient and modern concepts of elements. The difference, however, is in the approach for the elements described by Ibn Sina encircle the wide view of cosmological (in terms philosophical) factors, whereas the modern view is limited being materialistic and restricted to the periodic table. Cosmic elements are those from which animals, plants and stones, all are ultimately made of. The Greek as well as the Arab scientists (and philosophers) believed such elements to be four. We, therefore, come across the statement of Taylor that: when Jabber bin Hayyan came to discuss the problem he thought that though metals are made from mercury and sulphur, they are ultimately composed of four elements viz. air, water, earth and fire, and have the qualities of these elements, moisture, cold, dryness and heat in varying proportions.

Ibn Sina claims that `Anasir (elements) are simple indivisible matters (qualitatively - which lose their desired activities on disintegration or acquire new ones on combination/addition with other elements) which provide primary components for the living beings and other substances of the universe. They cannot be further resolved into more simpler entities and the various substances (compounds) in nature depend for their existence on their Imtizaj (i.e. the chemical combinations). Ibn Sina says that it is but essential for a physician (Tabib) to admit that `Anasir (Arkan) are neither more than four in number, nor less than four and among them fire and air are lighter and earth and water are heavier (Kulliyat-e-Qanoon I: 2-21).

Though in Unani medicine, contrary to the modern concept of cell, the lowest level of human body organization and other living creations in the `Unsur (element). About 2500 years back the ancient Greek scholar Democritus and his pupil who introduced the idea that all matters were made up of small indivisible units called Atoma (atoms). Today we are aware of the fact that the atoms are combined in different ways to yield monomers (amino acids, nucleotides, monosaccharides etc.) which are the building blocks of biological macromolecules (peptides, nucleic acids, polysaccharides etc.) - the constituents of our Akhlat (humours). Further, the macromolecules are combined with smaller molecules to form cell organelles (the constituent parts of rutubat ghariziyah) i.e. cell-membrane, mitochondria, endoplasmic reticulum and lysosomes etc. The organelles are combined to form cells, the cells to form tissues, the tissues to form organs; and organs to form organism. Thus,

instead of starting study of human body from the level of a cell, the Unani physicians begin their study from the very lowest level of organization i.e. elements (and atoms/Arkan). This approach has its own significance from the following points of view:

(1) Creation of individual by the Lord of the Universe Who produced the shape of man by clay and water, solidified (made it light) it over fire by (maturation/concoction) and entered air (spirit) in its body.

(2) Elements are among the principles (Musallamat) and have been taken from the physical sciences as such, and the essential (basic) or the primary elemental compositions like amino acids, hormones, enzymes, vitamins and active principles of plants - all true natural combinations each being complete individual structural units under Ibn Sina's definition (of elements) are considered as elements of today's functional and theoretical science. Study of all active elements is being conducted under a newly emerging science of Elementlogy.

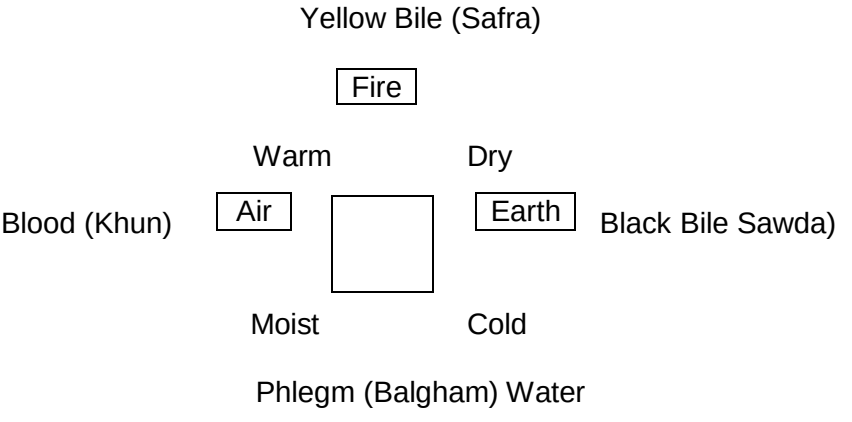
The Cosmological/Philosophical Overview of Four-Elements

Human body, just like everything else in the universe, according to Unani medicine, is composed of four elements, earth, water, air and fire. Earth represents solids, water the liquids, air the gases and fire the heat (or energy) of the body. Exponents of this theory hold that these four elements contribute to the formation of things in nature, had there been only one element, the living body should never have disintegrated from any (external) adverse influence.

The concept was widely accepted and Hippocrates (460-377 B.C.), Aristotle (384-322 B.C.), Galen (130-200 A.D.), Avicenna and in fact all other followers belonging to pedestrians became exponent of this concept and consequently Tibb-e-Unani was incarcerated in the dilemma of fours. They attributed binary qualities to each of the `Unsur' to express its temperamental state (specific humoural dominance) and exhibiting physical properties. These are as follows:

Al-Nar	(Fire)	-	Warm and Dry	(Har and Yabis)
Al-Hawa	(Air)	-	Warm and Moist	(Har and Ratab)
Al-Ma	(Water)	-	Cold and Moist	(Barid and Ratab)
Al-Ardh	(Earth)	-	Cold and Dry	(Barid and Yabis)

In view of this theory the latter thinkers beautifully attributed the Hippocratic doctrine of Akhlat (humours) with the qualities of four elements as under:



In fact, the above four elements are four states of matter and can be described as follows:

Earth (Ardh)

A simple, solid element regarded as being normally situated in the centre of other elements. On account of its absolute heaviness, it has a natural tendency to remain stationary unless it is away from its center (of gravity) when it (tends) to return to its (original) position.

In temperament it is so cold and dry that in the absence of external factors, its natural quality is readily perceived by the body. In nature its elemental character serves the purpose of making the compounds (objects) firm, stable, and lasting.

Water (Ma)

A simple liquid substance which in its natural state surrounds the earth and in turn is engulfed by the air in its natural state or position. It is this relationship which accounts for its relatively heavy weight (for gravity).

Water is cold and moist, that is, in its pure and natural state it displays an obvious coldness and the quality of moisture. Moisture is the quality which makes it capable of ready dispersion and aggregation and which enables it to accept varied shapes of an unstable kind.

Air (Hawa)

A simple gaseous element whose natural position is above other elements being higher than even the atmosphere of the earth. This is known as its absolute lightness.

It is the macrocosmic celestial element which is warm and moist in nature and corresponds within the microcosmic interpretation as blood.

Fire (Nar)

A simple energy bearing warm and dry element necessary for the proper maturation of constituents and for making them light. Combined with other elements, it facilitates the diffusion of air, attenuates the coldness and heaviness of the earth and water by imparting them its own elemental qualities which are opposed to those of their own (particularly) temperament.

Fire being a form of energy was included later in the list of basic elements because of the ancient philosophers who observed that without fire (heat) the very existence of life is impossible. Each and every chemical reaction whether inorganic or organic, through which large molecules are formed (Anabolism) or from which small ones are formed (Catabolism) requires the presence of heat (certain degree of temperature) i.e. either the energy is taken in or given out. Likewise in the human body, formation of compounds or their break-up into smaller units (viz. the elements) is not possible unless that is provided. In addition to this, the law of transformation of energy reveals that fire is another form of matter (elements).

Universal Distribution of Elements

In his exegesis of the Mujiz al-Qanun (A compendium of the Canon), Hakim Kabiruddin has discussed the number of elements and has stated that there was not one, but fourteen classes of physicians who recorded their disagreement with the concept of four elements. In the parlance of the History of Medicine those who believed in the number of elements exceeding `four' are known as Ashab-i-Khaleet (mixed crowd). These scholars were of the view of admixtures and held that there are a large number of elements and that all the substances in the universe are composed of different combinations of these `Anasir (elements).

Now keeping in view the periodic table, more than one hundred elements have been discovered and their physical, chemical (and of many) biochemical properties have been

discovered. These elements could well be classified according to their physical and chemical properties in four groups (cosmic/philosophic/states of matter). Some of them are solids, some liquids, some in gaseous state and some firy - highly combustible for prune to react very hastily and actively with other elements to form new compounds. Furthermore, when some elements are transformed into energy i.e. fire, it becomes another state of matter.

Human Elements

About nineteen of the Arkan (elements participate into the elementary composition of human body. The six basic `Anasir: oxygen, carbon, hydrogen, nitrogen, phosphorus and sulphur contribute to about 97.25% of the total cell mass of living organisms and provide the structural element to the protoplasm (Rutubat Ghariziyah). The metallic elements including sodium, potassium, calcium, copper, zinc, selenium, silicon, molybdenum, fluorine, chlorine, iodine, manganese, cobalt, iron are considered to contribute about 2.75% for the cell.

While some of them provide structural element to the protoplasm of the cells, the others (like trace elements) remain in their elemental or other forms (in hormones, enzymes, amino acids etc.) in the cell or in physiological system, run through the help of body fluids (Akhlat/humours) and play their roles in health and disease situations accordingly.

Specific (Chemical) Forms of Elements

Unani theory holds that the chemical properties of 'Anasir (elements) depend upon their specific forms (e.g. the groups and classes of the periodic table). This specific chemical form (Surat Nau'iyah) is that property of the substance which determines its “internal structure” which is specific for that particular substance. Any change in its chemical form results a change (or disruption) in its chemical, and thereby its biochemical and physiological properties. Therefore, when we interpret this hypothesis on chemical elements (of periodic table) we understand that the chemical (specific) form of an element (`Unsur) is nothing but its atomic structure that depends upon the atomic number. No two elements (`Anasir) carry the same atomic number, but the atomic weights may be the same (viz. Isobars). When two (or more) elements have the same atomic number but different atomic weight these are known as Isotopes.

Similarly the specific chemical form of a compound depends upon the molecular structure of that compound. Therefore, any change in the molecular structure results a change in its chemical properties i.e. the compound is changed into another compound (e.g. removal of CO2 from pyruvate renders acetyl 'co-enzyme - A' in carbohydrate metabolism; addition of a H2O molecule to fumarate makes maleate in citric acid cycle - many examples can be cited in this context). For example if we remove one ring or the group CH2OH from “aloin”, it shall not be in position chemically, biochemically or pharmacologically to exhibit the desired cathartic action.

Qualities and Characteristics of Elements

Qualities and characteristics of elements according to Unani medicine are described in terms of their temperament (Mizaj) which is expressed in terms of their duplex qualities among the four, these are warm (hot) and cold, moistness (wet) or dry. Heat and cold are considered as active qualities and moistness and dryness as passive qualities. According to the theory of opposites, generally two non-antagonistic properties are combined together to express specific temperament of a body, be it human, animal, plant or other living organisms.

However, it should be borne in mind that when the ancient philosophers say any thing warm, cold, moist or dry, they generally referred to one of the following three meanings.

(a) Sometimes a thing which is called warm or cold is actually (functionally) warm or cold i.e. when it is touched it feels actually warm or cold.

(b) Sometimes a thing which is said to be warm or cold is not actually warm or cold and does not feel actually warm or cold on touching, but it is potentially warm or cold i.e. when it enters into the body it produces heat or raises the temperature, or reduces the production of heat or lowers the body temperature. The similar case is with the moist and dry things too.

(c) Sometimes a thing which is said to be warm or cold, or moist or dry is neither actually nor potentially warm, cold, moist or dry, but it carries some symbolic meaning, just like charm, color or flavour for quark* are arbitrarily fixed by modern physicists which have no relationship with the actual meanings of these words. Thus a substance is said to be warm when after entering into the body it shows certain

subjective and objective symptoms which are arbitrarily fixed for the intense biological reaction. This also holds good to other qualities i.e. cold, moist and dry.

From the foregoing account it may be evident that Arkan (elements) are not only four in numbers but there are four categories of Arkan based on four states of biological, biochemical, biomedical manifestation of elements. Moreover, from the definition of Arkan given by Ibn Sina (Avicenna) it is evident that the substances which are simple (Mufrad) could only be included in the list of Arkan, and if any substance which was earlier considered as element (`Unsur) due to researches and by experiments, and now due to availability of elaborate methods of laboratory tests and isolation, the same has been found as compound (Murakkab); then we must refer to the concept of exhibiting specific temperament and specific composition by elements, and specific activity being rendered by specific compounds as we have studied under the heading of specific chemical forms (Surat Nau'iyah). Now, in this broad context as each element for treating living beings has been accorded specific temperament (the plants, plant parts, minerals, animal parts, insects etc.) by Unani physicians, therefore (as principal - among the Musallamat) each can be treated as simple (Mufrad) and the continuously explored chemical compounds (of biological significance) like vitamins, enzymes, hormones and other active principles or ingredients can be regarded as constituting or physiologically active elements of an individual Mufrad (element). Thus it is true to say that research from the modern point of view is retrogressive, because we are emphasizing upon the lowest unit which constitute an organism, substance or individual. Whereas the Unani scholars, scientists and philosophers though identified the importance of units, they did not deviate from the ideology of ascribing four-elements- qualities to each of the element described or present on the mother earth. Thus the words like: Mufrad=Simple=Single=Unit=Element can be regarded as synonyms. This might be one of the reasons that physicians of Unani Materia Medica call their texts of Unani medicines as Compendium or Book of Simples (Kitab al-Mufradat).

According to Hakim Syed Ishtiaq Ahmed, Ibn Sina has himself advised that it is necessary for a physician to accept Arkan (elements) from Falsafa Tabi'yah) (natural philosophy). Therefore, it is imperative for us to accept his teachings and hence, accept the number of Arkan given by the present Tabi'yat (Physics) - the Falsafa Tabi'yah of today. A curious fact should

also be accepted that if the number of Arkan (elements) given by modern science are accepted in place of four Arkan, we would certainly find that it would make no difference to our basic concepts, because we would be presenting the concept of Arkan (elements) in its correct perspective. And thus it would be a great service to Tibb instead of rendering any harm to it.

Furthermore, this fact should also be admitted that significance of Arkan is not only limited to their study as structural and functional units of our body but they also influence our body in many other ways and they play an immense role in the diagnosis and treatment of disease too.

An overall picture of the development of Elements' Science is given in following chart.

Chapter 4

HUMOURS (AKHLAT) (Structural Components)

Humours (Akhlat) are defined as the structural components of the body, are composed of elements and natures in different mixtures, proportions and combinations. These are supposed to constitute building units of organs and thus, body, and are considered as primary body fluids produced from digested food.

The Unani system of medicine postulates the presence of four humours (akhlat) in the body. They are: phlegm (balgham), blood (khoon), yellow bile (safra) and black bile (sauda), corresponding to the four elements and their four primary qualities. The basis of this postulation is the separation from blood (under various circumstances) of substances having these four humoural attributes. When these humours are present in the right proportion in a body, the body is healthy; when this proportion is disturbed, loss of health may result. In order to restore health, it is necessary to restore the balance of humours. These (four) humours are also referred as Rutubat Asliyah or the real fluids).

The concept of akhlat (humours) has occupied a central place in Tibb. It is one of the seven basic physiological principles (Umur tabi'yah). It belongs to those basic concepts of Tibb which include the distinguishing features of this unique healing art. It is a system developed by our physicians to explain all physiological and pathological processes in the human body in terms of body fluids.

The word akhlat is a Tibbi term which literally stands for admixture (khilt). But in Tibbi terms all ratubat-al-badan (fluids of the body) are called akhlat (humours) owing to the fact that the fluids of the body are not a single entity but are intermixed with each other especially in the blood vessels, these are of different types and properties and serve different functions. Therefore, these are called as akhlat (humours). Keeping in view the diverse properties and functions of akhlat, the following definition seems to be more appropriate.

“Akhlat are those moist and fluid parts of the body which are produced after transformation (of surat nau'iyah), and

metabolism of the elements, they serve the function of nutrition, growth and repair; and produce energy for the preservation of individual and his species. A right proportion and intermixture (homeostasis/proper balance) of them, according to quantity and quality constitutes health, and disturbed or abnormal proportion or imbalance (su'al-mizaj) according to quantity and quality, and irregular distribution leads to disease".

This humoural theory was postulated by 'father of medicine' Hippocrates (460 B.C.), in his book Tabi'at al-Insan (human nature) as under:

> "The body contains four (major kinds of) humours, dam (blood), balgham (phlegm), safra (yellow bile) and sauda (black bile); a right proportion, according to quality and quantity, and mixing of which (homoeostasis) constitutes health, and unright proportion and irregular distribution, according to their quantity and quality constitutes disease".

Ali ibn al-Abbas al-Majusi in his book Kamil as-Sana'at al-Tibbya has given a bit detailed account. He says:

(i) The basis of health is the right proportion and specific equilibrium of akhlat (humours) according to their quality i.e. homoeostasis in the internal environment is maintained, the body remains healthy. Because the temperament of the internal environment remains normal. This is the basis of health and preventive medicine.

(ii) That when the normal proportion and specific equilibrium of akhlat (humours) is altered, the temperament (specific predominant state or homoeostasis) of the internal environment is imbalanced, and thus the disease is developed. This is the basis of etiology and pathology of disease.

(iii) That when this wrong proportion and altered equilibrium of humours i.e. imbalanced temperament is corrected, the health can be restored. This is the basis of treatment. Thus, the humoural theory deals with all the aspects of disease viz. etiology, pathology, prevention and treatment of the diseases, and, this holds good especially for metabolic and infectious diseases.

APPLICATION OF THE TERM AKHLAT ON ALL THE FLUIDS OF THE BODY

All fluids of the body, without any exception are called as akhlat (humours). This can be proved by the following facts:

That the human body is composed of three kinds of things:

(A) The solid parts (jamidah) are known as a'za (organs of members) which keep in their enclosure the two other parts, liquids and gases.
(B) The liquid parts (syalah) are known as ratubat asliyah (real fluids).
(C) The gaseous parts (hawaiyah) are known as (arwah) pneuma or vital spirits.

The last two (B, C) things are being enclosed within the species of the organs.

The Rutubat Asliyah are of four kinds:

Al-dam (blood), al-Safra' (yellow bile), al-balgham (phlegm) and al-sauda' (black bile).

Thus, from the above account it is clearly evident that rutubat asliyah (real fluids) and akhlat (humours) are snonymous and both stand for dam, safra, balgham and sauda.

Abu Sahl Masihi (died 999 AD.) the teacher of Ibn Sina also held the same views and says in his book al-Mi'ah that the entire body consists of three kinds of substances:

First among them are those which possess retentivity and hardness and do not, therefore, require to be enclosed in vessels to prevent them from flow. These are known as a'za' (organs). Second are those which are moist and fluid substances enclosed in the vessels and (interstitial) spaces and cavities of the organs to prevent them (vessels) from flow. These are known as akhlat (humours), and the third are those which are gaseous and vapours, and are enclosed in hard vessels to prevent them from rapid diffusion. These are known as Arwah.

Thus, the solid part of the body is known as a'za' (organs), fluid part is known as akhlat (humours) and gaseous part is known as arwah (pneuma), and there is nothing of any other

kind in the body. Hence, the term akhlat is applicable to all fluids of the body, with no exception at all.

Likewise, Abu Sahl Masihi has classified humma (fevers) in three categories based on a'za' (organs), akhlat (humours) and arwah (pneuma). Here also he has included all fluids of the body in khilt (humour). He categorically says; there is nothing in the body which can be its component part except a'za' (organs), akhlat (humours) and arwah (pneuma/air). He therefore says that the subjects of humma are either:

(1) A'za (organs) which enclose rutubat (fluids),

(2) Rutubat (fluids) which are being enclosed by the a'za' organs, or

(3) Arwah (air) which are diffused (into the organs and fluids of the body).

Thus, from the above mentioned statement it is fully evident that Abu Sahl Masihi gives no difference between akhlat (humours) and rutubat (fluids). Therefore, he included all fluids of the body in akhlat.

Ibn Sina has (also) contended that the body is composed of only three parts viz. a'za' (organs), rutubat (fluids), and arwah (air), and there is nothing of any sort except these components of the body. Thus he also classifies humma (fevers) in three categories according to (these) three component parts of the body.

1. Humma Diq, related to a'za' asliyah (organs-tissues).
2. Humma Khilt related to akhlat (humours).
3. Humma Yum related to arwah (pneuma/air).

Ibn Sina has (also) used the terms rutubat and akhlat as synonymous. Thus, while dividing the body in its component parts he has used the term rutubat (fluids) and where he has signified this with humma (fever) he has used the term akhlat (humours).

Amili and Gilani also maintain that all fluids of the body are akhlat. Thus, from the preceding account following inference can be derived.

(1) The term akhlat (humours) is applicable to all fluids of the body irrespective of their color, location, quantity and quality (composition). And therefore, intracellular fluids (Rutubat ustaqussiyah), intercellular or tissue fluids and trans-cellular fluids (rutubat tajawif), and vascular fluids (Rutubat 'uruq) are called as akhlat. All electrolytes and organic compounds constituting these akhlat whether they are proteins, lipids, and carbohydrates according to their chemical nature (surat nau'iyah) or they are enzymes, hormones or vitamins according to their physiological function; whether they are in elemental or otherwise, in their compound states; whether they are acidic, basic or neutral; whether they are crystalloids or colloids, or they carry any electrical charge or are neutral, determine the kayfiyat (quality) of akhlat (humours) as their component parts.

(2) That akhlat (humours) are not only four in number but dam, balgham, safra and sauda are four MAJOR DIVISIONS which can be subjected to further subdivisions: and thus the number of akhlat (humours) reaches to hundreds or thousands.

ORIGIN OF HUMOURS

The humours are produced from digested food. The theory of the production and distribution of the four humours can be briefly stated as: In the stomach, the food undergoes a “first digestion” whereby the more nutritious part of it is converted into chyle (called by the Arabs, kaylus) but besides the non-nutritious residue which is rejected, a portion is converted into phlegm which differs from the other three humours in having no special location, such as the blood (khun) has in the liver, the yellow bile (Safra) in the gall bladder, and the black bile (sauda) in the spleen.

The chyle is conveyed to liver by the portal vein, which receives the vein of the stomach and mesentery and there it undergoes a “second digestion” or coction, which divides it into three portions:

(i) a scum or froth which is the yellow bile,
(ii) a sediment, which is the black bile, and
(iii) the blood which contains its specific ingredients.

The blood passes on by the superior vena cava to the heart having dismissed its more aqueous part to the kidneys for excretion, and it is then distributed by the arteries to the various

organs, in which it undergoes a fourth and final coction or “digestion” (the third having taken place in the blood vessels).

As the humours are produced from the digested food, their quality is also determined by the nature of food. The disturbed balance of humours can be aggravated by inappropriate diet and corrected by appropriate diet (and medicines, and sometimes by surgical procedures).

Characteristic features of the four humours:

(1) Blood is red in color and warm and moist in nature. It provides nourishment to the body and acts as fuel to the human body as well as generates heat. Blood is of two kinds: normal and abnormal. Normal blood is red in color, has a sweet taste and no abnormal odour. Locus of blood is considered to be the liver.

(2) Phlegm is (fluid) whitish in color, and is cold and moist in nature. It is capable of being converted into blood. It provides nourishment to the brain, lubricates the joints,and keeps the tissues and organs of the body moist. Depending upon taste and consistency it has many abnormal forms. No special location, identified as the part of non-nutritious residue rejected by the physiological process of digestion.

(3)Yellow bile which is warm and dry in nature, occurs in normal as well as abnormal forms. Normally, it is bright saffron-red and is light and pungent. Its function is to attenuate the blood so that it reaches the minute channels of the body. It nourishes the lungs, cleanses the walls of the bowels and stimulates them. Locus of yellow bile is said to be the gall bladder.

(4) Black bile forms the sediment of the blood and provides nourishment to bones and to the stomach and stimulates appetite. Locus of black bile is referred to be the spleen.

PREDOMINANCE OF A PARTICULAR HUMOUR

(Specific Temperamental State of Individuals)

Based upon the predominance of a particular humour in an individual, four types of personalities are described:

(A) The sanguine type (damwi mizaj): Such individuals are obese and possess warm and moist qualities. They are

active, have a good appetite and a full strong pulse. Their complexion is reddish and they pass reddish-tinged urine.

(B) The bilious or choleric type (safrawi mizaj): These individuals are lean and hairy, have sallow sclera of the eyes, and a sallow complexion in general. They get angry quickly and possess warm and dry features. They are energetic and clever and have strong sexual desires. They have prominent blood vessels and a strong, rapid pulse. They pass yellowish-colored urine.

(C) The phlegmatic type (balghami mizaj): Such individuals are obese and flaccid with whitish skin. They possess cold and moist attributes. Their hair are thin and their blood vessels are hardly visible through the skin. They are sluggish in walk and intellect and are not inclined much towards sex or hunger. Their urine is colorless and they are hardly ever thirsty.

(D) The melancholic type (saudawi mizaj): They are thin, dark with narrow blood vessels and slow pulse. By nature they are cold and dry. They have only a slight sexual urge and suffer from sleeplessness. Their urine is black or mixed with a tinge of reddish green.

State of Dominance of a Humour (Not Predominance):

(a) If among the humours, the blood carries dominance, sleep and migraine are exaggerated, vessels turgid and red, sometimes thought revolts; there is a heaviness of the head, weakness of sensation, carelessness, warmth to the touch, heaviness of the shoulders, yawning; sometimes heaviness of the flanks; nose bleeding, the desire to stretch out, relaxing of the abdomen, search for a life of well-being, dreams, varied joys, and of all colors, gaiety, longing for phlebotomy, unusual ruddiness of the eyes, furuncles and pustules, dreams of sweet things, a sugar flavour in the mouth, as if the patient had just eaten some. If these symptoms are seen in the spring or during the prime of youth, they indicate diseases of the blood.

(b) If bile is dominant, the shade of the body is yellow, the appetite weak, the mouth bitter. There is gastric burning, vomiting of bile, a severe diarrhoea, restlessness, sunken eyes, dry mouth, and tongue. At times, the urine is yellow, the patient has episodes of syncope, some goose-bumps, is sad, is thirsty without appetite, and dreams of flames; his

pulse is weak, his body febrile. Frequent warm baths are the cause of this state as are sojourns in southern countries, and prolonged misuse of spiced food, especially in the summer.

(c) If black bile dominates, the body is warm, thoughts sullen, appetite reduced, an acid flavour in the mouth. On examination, anguish rigidness of the face, pulse firm in its slowness; the patient is constipated, presents black spots, sadness, restlessness, without agitation. The urine is white, not very dense, crude; similarly, the stools are not digested. The causes are dry food, anxiety, permanent sadness and misery. In his dreams, the patient sees dangers and completely frightening things. This affects the mature age in autumn, in northern countries and the weakened individuals.

(d) Phlegm dominates, the head is heavy, the sleep prolonged, there is a laziness of movements, little appetite; plethora is in harmony with the force of individual; he is slow in his gait, his intelligence is slow, he leans towards an unusual softness, foams, has a swollen face, his shade is dull; the pulse is slow and thick; urine dense, strong and crude; thirst is reduced except when phlegm is salty or decayed. Cause of this state is cold and moist food, old age, cold affects of season, sedentary, lack of warm baths, sometimes gluttony, the sojourn in a country (damp) because of its water flow; in his sleep the phlegmatic person dreams of seas, complains of nightmares and his chyme is not digested well.

The theory of four humours had a most prolonged influence on medical thought and it illustrated most graphically the philosophical interpretation of disease. The humoural theory was the result of many brilliant and correct observations. It was logical, explained many phenomena of health and disease, and gave valuable guidance to the medical practitioners and it was not scientific in our sense of the word: nobody had even seen the black bile and the qualities warm, cold, dry, moist were not physical concepts.

Scientific experiments have been conducted in biology too, but the scientific means (as to explain or observe humours in physical sense) were not available for an interpretation of health and disease, and the need for a comprehension of these phenomena was satisfied by philosophic speculation.

Classification of Akhlat (Humours)

(A) According to their locations.
(B) According to their color.
(C)According to their body needs (Excrementitious/Non-excrementitious)

Akhlat Mahmoodah Normal - good
Akhlat Ghair Mahmoodah Normal - no physical function
(Fadhaliyah) (Fadhalas - Khilt Raddi)

The above mentioned three types of Akhlat are specific for individual types of cells and tissues, they articulate to form specialized organs and to assist their physiological function. Their volume and consistency in terms of biochemical analysis are indicators for disease states i.e. they provide means of laboratory diagnosis. The following three (D, E, F) Akhlat are also important from the standpoint of philosophy but seem to compromise advanced classified groups e.g. Primary/Secondary, Fine/Coarse and Normal/Abnormal.

(D) According to their conditions Primary (Rutubat Ula)

Secondary (Rutubat Thaniyah)

Rutubat Mahshurah	Rutubat Talliyah	Rutubat Qaribah	Rutubat Manwiyah
Encircled fluid	Interstitial fluid	Congealed type fluids	Seminal fluids

(E) According to their qualities – Latafat (fineness)/Kathafat (coarseness)

(F) According to their nature i.e. taba'iyah (normal) and ghair taba'iyah (abnormal).

Relationship of Humours to Infection

Relationship of Humours with Temperament

(A) Classification of Akhlat (Humours) according to Location:

(i) Al-Rutubat al-Ustaqussiyah
(ii) Al-Rutubat al-'Uruq

(iii) Al-Rutubat al-Tajawif

(i) **Al-Rutubat al-Ustaqussiyah:** It is the khilt (humour) responsible for binding the organs together. Contained within the cells it may be identified as the intracellular fluid (or protoplasm) of the cell, which is the unit of a'za mufradah (tissues). This khilt is supposed to establish the internal environment of the cells, and the mizaj (normal temperament/quality - homeostasis) of each type of cells depends upon specific predominant type of khilt. This khilt is also called rutubat asliyah, rutubat ghariziyah or rutubat ula.

(ii) **Rutubat al-Uruq:** Contained within the vessels (either veins or arteries), it may be identified as the vascular fluid, for example the blood (and the bile). It is also among the rutubat asliyah/rutubat ula.

(iii) **Rutubat al-Tajawif:** Contained within the spaces between the cells, the tissue spaces and various cavities of the body. This khilt (humour) thus may be identified as the tissue fluid, intercellular fluid and trans-cellular fluid. This fluid establishes communication between rutubat ustaqussiyah (intracellular fluid) and the internal environment of the body, and mizaj (homoeostasis) in the internal environment depends upon the quantity and quality of this khilt (humour).

Above mentioned are the most common (generally identified) types of akhlat, however there are many other need scientific interpretation and which are formed during the course of the completion of physiological phenomena.

(B) Classification of Akhlat (Humours) according to Color:

Comprehensively it must be borne in mind that on the basis of color there are four major divisions of akhlat (humours) viz.:

(1) Red: Dam, (2) White: Balgham
(3) Yellow: Safra, (4) Black: Sauda

Sub-divisions of above mentioned (parent) akhlat on the basis of color can be made as following:

(1) All the colorless (or white) fluids of the body, irrespective of their locations are called as balgham (khilt abyadh/khilt baydha - phlegm).

(2) All the fluids of the body which are yellow in color are called as safra (khilt safra/khilt asfar - yellow bile).

(3) All those fluids of the body which are blue, brown or black in color are identified as sauda (khilt sawda/khilt aswad - black bile).

(4) All the fluids of the body which are red or tend to become red are known as dam (khilt ahmar/khilt hamra - blood).

Theory of humours asserts that 'blood' is admixture of all the above kinds of akhlat and all these may be found in blood. In other words blood (dam) is the name of admixture of all akhlat (in the body). Places or the organs from where specific akhlat produce or reside, all of these are present in requisite proportion in the blood in an individual, constitute the specific humoural composition, with specific predominance (of a khilt) and thus specific temperament of an individual.

(C) Classification of Akhlat (Humours) according to their Body Needs:

There are two such (major) kinds:

(i) ***Akhlat-e-Mahmuda*** (good humours) or Akhlat-e-ghayr fadhliyay: Produced in the body in normal way, are always needed by the body and serve specific physiological functions, for example:

Dam taba'I (normal blood and its constituents)
Safra taba'i (normal bile)
Balgham taba'i (normal phlegm)
Sauda taba'i (normal black bile)

These akhlat-e-Mahmuda are therefore also known as normal or non-excrementitious humours.

(ii) ***Akhlat-e-Ghair Mahmuda*** (bad humours) or Akhlat-e-Fadhliyah: Produced normally in the course of metabolism but do not serve any specific physiological function and therefore are needed to be expelled out of the body (excrements, excreta, waste products or excrementitious humours) for example:

urine (bowl)
stool (baraz/ajabat)
menstrual blood (haiz)

These excrementitious humours are also known as Akhlat fadhliyah or Khilt raddi.

According to Ibn Sina, Khilt Mahmud (alone or in combined form) possesses the property of becoming part of an organ or attaining (or developing into) shape of an organ when the body needs or possesses the capability to replace the wear and tear of an organ. Whereas Khilt-fadhliyah has no property of becoming the part of the body. Exception of becoming a valid khilt for body by this type of khilt is the case when whole of this khilt is completely expelled out of the body and then after re-entrance or reformation it may acquire the form of good khilt (khilt Mahmudah).

(D) Classification of Akhlat (Humours) according to their Conditions:

Ibn Sina has divided all fluids of the body into two kinds:

(a) Rutubat Ula (Primary fluids)
(b) Rutubat Thaniyah (Secondary fluids)

(a) ***Rutubat Ula*** are those very four akhlat (humours) which circulate within the blood vessels are called as rutubat ula (or primary fluids). These are also known as rutubat fadhul.

(b) ***Rutubat Thaniyah*** include all those fluids of the body which are converted from primary condition to secondary and have diffused into the organs (cell ⟶ tissue organization) but they have not become the part of a'za mufradah (tissue - cells) practically. Such rutubat are four in number viz.:

(i) Rutubat mashurah or the encircled fluid.
(ii) Rutubat talliyah or the interstitial fluid.
(iii) Rutubat Qaribah bi-in'eqad or the nearly congealed fluid.
(iv) Rutubat Manwiyah or the seminal fluid.

These fluids are considered as those which have passed from blood vessels (capillaries) to a'za asliyah (tissues and cells) and have transformed into various stages and forms. With the exceptions of few physicians of Unani medicine all categorically mention and amply prove rutubat thaniyah (being fluids) as types of akhlat.

(E) Classification of Akhlat (Humours) according to their Quality:

There are two such types:

(1) ***Akhlat-e-Latifah*** **(Fine Humours):** Those fluids or parts of fluids (humours/akhlat) which have the property of diffusing into a'za mufradah (cells and tissues) and when they combine with ruh, they produce quwa (energy) to perform various physiological functions in the body.

(2) ***Akhlat-e-Kathifah*** **(Coarse/Turbid Humours):** Those fluids or parts of fluids (humours/akhlat) which perform the function of takwin (anabolism) and become part of the organs. They replace wear and tear and promote growth.

(F) Classification of Akhlat (Humours) according to their Nature:

There are two types of akhlat according to their nature, viz.:

(1) ***Akhlat Taba'iyah:*** When the primary or secondary akhlat (such as dam, balgham, safra, sauda and other fluids e.g. given under rutubat ustaqussiyah and rutubat thaniyah) or different kinds of akhlat are categorized according to their locations are normal with reference to their Kammiyyat (quantity) and Kayfiyat (quality) are called as akhlat taba'iyah, for example normal blood, normal bile, normal cerebrospinal fluid, normal synovial fluid, normal chyme etc.

(2) ***Akhlat Ghayr Taba'iyah:*** When the quality and composition of normal akhlat is altered due to any cause, its behavioral pattern (in physiology or action) or temperament (mizaj) is altered. Hence it is called as ghayr taba'i (abnormal). For example black bile (is Sauda taba'i) is found in normal state in the body but when there is any alteration or indifference in its composition and quantity is caused it, turns into atrabile, this is the sauda ghair taba'i.

Such abnormalities in akhlat (humours/body fluids) takes place in two ways:

(i) Any Khilt itself becomes altered, thereby its kayfiyat (quality) and temperament within the body (mizaj) is changed. There are lot many causes which correlate with the symptoms in specific (ailment) conditions.

(ii) Any Khilt is mixed with another normal or abnormal khilt and owing to this (mixture), its normal temperament (mizaj) is altered. This may also happen due to various causes.

Chapter 5

TEMPERAMENT (*MIZAJ*) (Behavioral Components)

Temperament (according to Greco-Arab medicine) is defined as the pattern of activity and reactivity in living beings, in natural articles, substances or their parts used as drugs or medicines. The heat (warm) and cold in drugs may be identified with the dispersive and aggregative aspects of energy, while moisture and dryness with the receptive and resistant aspects of mass respectively. Since the four primary qualities of elements (being warm, cold, dryness and moisture) neither entirely absent from the constitution of any object, nor are they present in absolutely equal proportion, their interaction produces specific predominance of a (humoural) constitution like finger-prints of an individual or unique of any particular object (due to specific elementary physical/physico-chemical attributes).

Theoretically, temperament is of two kinds:

(A) Balanced When the opposing qualities of the temperament (formed) are quantitatively exactly equal and the balance is an absolute average of these qualities, and

(B) Imbalanced When the qualities of the temperament (formed) are unequal and inclined towards one side.

Temperament is expressed by the Galenic concepts of its being sanguine (Damwi), phlegmatic (Balghami), choleric (Safrawi) or melancholic (Saudawi) according to the respective preponderance of the humours. Interpreted in modern terminology it is the specific constitution of an individual's psycho-neuro-endocrinal system with its orientation tempered different in each individual.

Temperament of Drugs and Medicines

Natural drugs being composite units and being simple (Mufrad) or compound (Murakkab) in formulation are also assigned temperaments but drugs are classified under four physical orders (of temperament viz. first, second, third and fourth). Temperaments of drugs are identified in relation with their elementological physical actions which they exert on the

human body. Thus a drug is said to be warm means that, when it enters the body and interact with the vital faculties, it produces (temperamental) effect which is warm. Drugs are principally used to improve the health state, correct the abnormal physiological or pathological (humoural imbalanced) states of the body or any particular system, process or disease-state of an organ.

Some Definitions

Normal Drugs

According to Ibn Sina,

> When the physicians mention about a drug that is normal or balanced, neither they mean to state that the drug in fact is normal (in composition because no such body occurs on the earth where in its composition the four elements: fire, earth, water and air are in equal proportion), nor they mean that it has such balance as that of human individuals and or its temperament is like that of living beings. They actually mean that when such administered drugs interact with the vital force of the body and digestive power of the organs, they bring the active constituents out of the drug for relevant action, then such a constitutional condition is produced which remains within the temperamental limits of the individual thus normal/balanced drugs produce no such effect which in any way is deviated from the normal (temperament), and such drug due to its limited pharmacological action is regarded as normal/balanced.

Warm and Cold Drugs

Similarly when it is mentioned by the Hakims about a drug that it is warm or cold, it does not mean that its active constituent is warm or cold in effect, nor it means that this warm or cold attribute of drug in question is comparable to the individual. But it means that the referred drug produces as much warmness or coldness within the body which is somewhat higher than the normal body coldness or warmness. And as the finger-print phenomenon of temperament is different (specific) for each individual, therefore the degree or order of the pharmacological effect of drug varies for each individual upto certain extent. Hence, one drug can be extremely cold or warm for one individual and only cold or warm for the other. It is the reason that when one drug (Mufrad or Murakkab) does not produce desired action then it is advised to refer other drug of same order for an individual.

ESTABLISHING TEMPERAMENT OF DRUGS

Quantitative action or dose-related time-controlled experiments are necessary to establish temperament of natural drugs. Principles of such experiments include:

1. Administration of the drug must be in recommended doses, it must not exceed the limits described.

2. Administration must be in accordance with the prescription e.g. once, twice or thrice a day or as prescribed by the physician.

3. Administration for experiment purpose must be done in a body with normal/balanced temperament.

4. Administration for experiment must be done under normal climatic factors, temperature and time.

Thus, drugs which pass through such controlled experiments for the establishment of their temperament are afterwards assigned certain orders (First, Second, Third and Fourth Order Drugs).

CLASSIFICATION OF DRUGS ON THE BASIS OF TEMPERAMENT

As regards further classification, each order drugs have been sub-classified into three types:

Any Order, may be 1st, 2nd, 3rd or 4th	Warm/Cold, Dry/Moist in the said order in the beginning (weak), middle (average) or in the end (potent).

Whereas,

beginning : indicates the weaker action of drug in the said order,

middle : indicates the average action of drug in the said order,

end : indicates the potent action of drug in the said order.

Thus drug belonging to third order in the end shall undoubtedly be toxic in action but shall be considered poisonous due to its inclination towards fourth order.

Classification of drugs can be simply shown in the given table:

Orders/Groups	Types	Attributes
Normal/Balanced Drugs	2 (Average Action)	Non-toxic; useful for all age groups in all seasons. Normal in at least two characteristics (ort of four.)
First Order	1 (Weak Action) 2 (Average Action) 3 (Potent Action)	Dose-related effects,repeatedly administered prescription drugs.
Second Order	1 (Weak Action) 2 (Average Action) 3 (Potent Action)	Average group drugs. Administered under prescription. Large doses administered repeatedly may cause harm to organs and general body constitution.
Third Order	1 (Weak Action) 2 (Average Action) 3 (Potent Action)	Toxic Drugs, only administered under prescription. Potent drug of third order is considered as inclined towards poisonous group.
Fourth Order	(Very Potent Action)	Poisonous Drugs. Small doses may cause fatality or exert deteriorative actions, only administered in threatened or life saving situations under physicians prescription in recommended doses (either detoxified or given with most appropriate corrigents).

As the table shows, to maintain a standard, drugs have been classified into certain orders due to their quick or slow and dose-related (well-known or desired) actions. Keeping in view their pharmacological action and effects, physicians have classified natural drugs into above four orders in addition to the normal/balanced order drugs, viz.

First Order Drugs

The condition or effect produced by such drugs i.e. warmness or coldness is not apparently perceived by the body or the relevant organ. However, if administered repeatedly then its actions (general or local) become evident. Action of first order

drugs becomes also noticeable or apparent if these are administered in comparatively large doses.

Second Order Drugs

The condition or effect produced by such drugs is comparatively pronounced but not so much that could affect the organs' function. However, if there persists already an adverse or abnormal condition in the body (like tendency of diarrhoea) then it may potentiate or substantiate such conditions. Repeated administration or in large doses but under prescription may bring desired change (affirmative or negative) in functions or may exert adverse affects on the organs.

Third Order Drugs

The condition or effect produced by such drugs due to their action and intensity is apparent or symptomatically detectable, but the damage or harm is not so grieve so as to cause fatality or produce acute toxicity. However, their repeated use or large doses administration is toxic, poisonous or fatal to the body.

Fourth Order Drugs (Toxic Drugs)

The condition or affect produced by such drugs due to their potentially toxic action is mostly harmful or adverse and their use is advised in small doses for short duration. Such drugs are either detoxified before use or used with the proper corrigent. Such drugs use is advised only in most essential disease states to evacuate the defined or well-identified pathological (malhumour) states that cannot be controlled or treated by above three order drugs. Difference between toxic (Sammi) and poisonous (Sammi mutlaq) drugs is that, action of toxic drugs results into specific toxic condition (pharmacologically identified state) whereas, poisons' action proceed due to their molecular structures (which become the cause of adverse chemical changes in the body).

Examples of Traditional Medicines With Given Temperamental Attribute

Normal/Balanced	Triticum vulgare	(Gandam)
Drugs:	Pyrus cydonia	(Behi)
	Punica granatum	(Anar)
	Adiantum capillus-veneris	(Pershiaoshan)
	Cordia latifolia	(Sapistan)
First Order Drugs		
Warm:	Acer arietinum	(Chana)
	Fumaria parviflora	(Shahtara)
	Aleo vera	(Ailwa)
	Matricaria chamomilla	(Babunah)
Cold:	Phoenix sylvestris (fresh)	(Khajur)
	Papaver somniferum	(Khashkhash)
	Viola odorata	(Banafsha)
	Terminalia chebula	(Har Siyah)
Dry:	Glycyrrhiza glabra	(Mulaithi)
	Polypodium vulgare	(Bisfaij)
	Crocus sativus	(Zafran)
	Boswelia glabra	(Kundur)
Moist:	Cheiranthus cheiri	(Todri)
	Lactuca scariola	(Kahu)
	Onosma bracteatum/ Trichodesma indicum	(Gaozaban)
	Althaea officinalis	(Khitmi)
Second Order Drugs		
Warm:	Apium graveolens	(Ajmod)
	Ocimum basilicum	(Tulsi)
	Swertia chirata	(Chirata)
	Trigonella foenum-graecum	(Methi)
Cold:	Plantago ovata	(Ispaghol)
	Bambusa arundinacea	(Banslochan)
	Rosa damascena	(Gul-e-Surkh)
	Rhus coriaria	(Sumaq)
Dry:	Myristica fragrans (aril)	(Javatri)
	Zingiber officinale (dried)	(Sonth)
	Origanum vulgare	(Sa'atar)
	Pistacia lentiscus	(Mistagi)
Moist:	Nelumbium nuciferum	(Gul-e-Nilofar)
	Prunus bokhariensis	(Alu-bukhara)
	Citrus aurantium	(Narangi)
	Sesamum indicum (black variety)	(Kunjad Siyah)

Third Order Drugs

Warm:	Raphanus sativus	(Turab)
	Chrysanthemum indicum	(Aqar-qarha)
	Cuscuta reflexa	(Aftimun/ Akas-bel)
	Cinnamomum cassia	(Taj/Darchini)
	Achillea millefolium	(Biranjasif)
	Trachyspermum ammi	(Ajwain)
	Valeriana walichii	(Tagar)
	Nigella sativa	(Shuniz)
Cold:	Portulacca oleracea (leaves)	(Khurfa)
	Citrus medica	(Turanj)
	Catharanthus roseus	(Sada-bahar)
	Atropa belladonna	(Luffah)
Dry:	Allium sativum	(Lahsan)
	Ferula foetida	(Hing)
	Hyssopus officinalis (dried)	(Zufah)
	Caeselpinia bonducella	(Karanjwa)
	Ruta graveolens	(Sudab)
	Acacia arabica (gum)	(Kikar)
	Paeonia emodi	(Ood saleb)
	Strychnos nux-vomica	(Azaraqi/Kuchla)
Moist:	Citrullus vulgaris	(Tarbuz)
	Cucumis melo	(Kharbuz)
	Curd	(Dahi)
	Hydrangium	(Seemab)

Fourth Order Drugs

Warm:	Calotropis procera (latex)	(Shir-madar)
	Euphorbia neriifolia	(Farfiyun)
	Arsenic	(Sankhiya)
	Croton tiglium	(Hab as-Salatin)
Cold:	Datura stramonium	(Dhatura)
	Nicotiana tabacum	(Tambaku)
	Calendula officinalis	(Mazariyun)
	Hyoscyamus niger	(Ajwain Khurasani)
Dry:	Brassica juncea	(Rai)
	Copper sulphate	(Nila-Tutiya)
	Aconitum ferox	(Bichnak)
	Semecarpus anacardium	(Baladar/ Bhilawan)

MODERN INTERPRETATION
(IN THE LIGHT OF ELEMENTOLOGY/PHYTOCHEMISTRY)

As described in the beginning, drugs like other substances are characterized by their own physical qualities, but when in medicine a drug is termed warm, cold, dry or moist, it means that after its action and reaction in the body, it produces a perceptible degree of heat, cold, dryness or moisture in the body. Drugs are therefore graded from one to four orders and their respective types according to their dominant quality and are used to treat diseases of opposite qualities. Every substance has a temperament of its own. The basic qualities of energy being warm and cold (opposite), and of mass being dryness and moisture, their mutual interaction lead to the emergence of a (new) balance of qualities which vary in quantitative proportion of the primary cosmic qualities (earth, fire, water and air).

Reflecting on the heating, cooling, dry and moist attributes of drugs in the sense as these are employed in Unani System of Medicine, a far wider basis for generalization might be arrived at as to the relationship between chemical constitution (composition) and (pharmacognostic) characteristics of drugs with reference to their pharmacological (mode of) action on human body is concerned.

We may find that:

1. In case of drugs with significant constituents (alkaloidal in character) containing a basic nitrogen atom are regarded as "Heating" and "Drying" in character.

2. In case of drugs with significant constituent containing a carboxyl group (as in citrus, tamarind, unripe mango) are considered as "Cooling" in character.

3. In case of drugs with significant constituent containing organically combined sulphur contribute towards the "Heating" attribute of a drug.

4. In case of drugs like camphor where the significant constituent is a terpenic body are generally ascribed Cooling attributes.

There may be certain exceptions to such general concepts, as for instance opium is alkaloidal in chemical nature but is

considered to be cooling and glycyrrhiza with significant triterpenoid glycoside (glycyrrhizin) face confusion for being compound having opposite qualities (murakkab al-quwwa), warm and dry, or warm and moist of first order. Problem of ascribing temperament therefore requires detailed study of the subsidiary constituents in so far as they may ultimately reveal the extent to which such variation and confusions may be due to them, or due to certain structural characteristics of the active constituents of the drug.

But whatever the case may be it is certain that phytochemistry and elementological composition seems valuable towards assigning particular temperament to individual plants, plant groups or products of natural origin.

Chapter 6

THE ORGANS (A`ZA), THE VITAL FORCE (RUH), THE BODILY POWER (QUWA) AND THE CORPOREAL FUNCTIONS (AF`AL)

Organs, Vital Force, Bodily Powers and Corporeal Functions are the four working principles of body. Other major groups Elements, Humours and Temperaments have been discussed earlier. Theory of Unani system of medicine holds that matter (may be individual or organic articles for biological use) in its different states and forms of existence helped by the akhlat (humours the structural components of the body) produce specific temperament or the individual constitution. These structural components being continuously produced as a result of physiological processes combine to constitute the organs as well as the vital force (Ruh or the life-spirit). Organs equipped with the life spirit develop energy (Quwa the Bodily Power) which is characterized by nature to manifest itself in Corporeal Functions (Af`al) of a body or article. This group-wise classification hence embraces in it:

group I)	the elementary constitution of the body (Arkan / Elements)
group II)	the structural components of the body (Akhlat / Humours)
group III)	the physico-chemical constitution of the body (Mizaj / Temperaments)
group IV)	the anatomy of the body (A`za / Organs)
group V)	the vital force of the body (Ruh / Life-force)
group VI)	the energy of the body (Quwa / Energy)
group VII)	the physiology of the body (Af`al / Physiological Functions/Actions)

This classification is in accordance with the accepted laws of science. The literature mostly in Arabic, Persian and some in Urdu provide material for understanding each of them. These seven groups deal both with the normal and abnormal conditions. Knowledge of disease (Ilm ul Amraz), etiology, pathology, symptomatology and therapeutics as well as of preventive medicine and infection are adequately dealt.

Organs:

These are the simple or compound solid structures meant for carrying out specific or general functions for the body. Being essential members of the body are constituted from the coarser and solid particles of the structural components of humours (Akhlat). The Masters of Unani medicine say that humours are the proximate principles for the human body. But the more proximate are a'za basitah (cells and tissues) and a'za murakkabah (compound organs) or aza' `aliyah (mechanical organs).

Organs are divided into two major categories:

I: `Aza Basitah (Simple organs cells and tissues).
II: `Aza Murakkabah (Compound organs members of the body).

I: Simple Organs (`Aza Basitah):

A simple organ (`uzu mufrad) is defined as the organ, smallest part of which exactly resemble the whole. A simple organ is therefore, homogeneous in structure throughout, e.g. a piece of bone. In fact simple organs comprise tissues made up of primary combinations (i.e. combination of the smallest units of organs called cell/Khaliyah). Though cell was not discovered as the most simple unit by the Greek or Arab physicians and scientists but they were aware of the fact that simple organs (`aza mufrada) are composed of some minute maddah (matter) living unit capable of growth, movement and reproduction (cells) which were specific for each tissue (kind of cells). Ibn Nafis says (Kulliyat-e-Nafisi):

"There is specific maddah (matter) for each `uzu mufrad (simple organ) and there is specific surat nau`iyah (specific form), due to which it becomes specific nau' (species). This specific nature is common to the whole organ as well as any part of it. Owing to this very tabi`at nau`yah, there is no difference between the whole or the part".

The bones, cartilages, ligaments and tendons, adipose, muscular and nervous tissues which support, interpret the functions of compound organs and protect them so that the whole body's form and constitution remains, maintained or kept in a balanced or perfect state.

Thus specific form of simple organ is actually the composition of its cells (Khalliyat) having specific form and character and become the basis of differentiation and distinction

between different simple organs. Owing to this specific form one tissue differs from another in temperament and function.

II: Compound Organs (`Aza Murakkabah):

A compound organ (`uzu murakkab) is defined as the organ which is composed of many `aza basitah (simple organs/tissues) and its constitution is heterogenous. There are also known as `aza Aliyah (i.e. the mechanical organs) for example heart, liver, brain, stomach, hands, feet etc. Compound organs may be divided into four major types viz.:

I: A`za Tabi`yah: the Natural organs.
II: A`za Nafsaniyah: the Psychic or Mental organs.
III: A`za Haywaniyah: the Vital organs (also called `Aza Raisah)
IV: A`za Raisah: the Essential Vital organs.

I: A`za Tabi`yah (the Natural Organs): Compound organs pertaining to natural faculty (Quwa Tabi`yah) and natural functions (Af`al Tabiyah) are known as A`za Tabi`yah (natural Organs). These organs are identified as:
(a) A`za al-Ghiza (Nutritive Organs), and
(b) A`za al-Tanasul (Genital Organs).

(a) A`za al-Ghiza (Nutritive Organs) are of two types:

(i) A`zal al-Hazm: the digestive organs include:

- oral cavity (Fam)
- teeth (Asnan)
- salivary glands (Ghudad L`uabiyah)
- pharynx (Halq)
- oesophagus (Mari)
- stomach (M`ida)
- intestine (Am`a)
- liver (Kabid)
- gall bladder (Mararah)
- pancreas (Banqaras)
- spleen (Tihal)
- other endocrine glands

(ii) A`za al-Nafdh (Excretory Organs) include:

- Kidneys (Kulliyatain)
- Ureters (Halibain)
- Urinary bladder (Mathanah)
- Urethra (Urethra)

(b) A`za al-Tanasul (Genital Organs):

(i) Male Genital Organs:
- Testes (Khisyatain)
- Epididymis (Aghdidus)
- Vas deferens (Majr al-Mani)
- Seminal vesicles (Aw`yah al-Mani)
- Ejaculatory Duct (Qazif al-Mani)
- Penis (Zakar al-Qadhib)
- Prostrate (Mazi)
- Bulbo-urethral glands (Ghudad Basli Ihlili)

(ii) Female Genital Organs:
- Ovary (Khisyah al-Rahm)
- Uterus (Rahm)
- Uterine Tube (Qazif)
- Vagina (Mahbal)
- Vulva (Furj)

**II: A`za Nafsaniyah (Psychic/Mental Organs):** Compound organs pertaining to Quwa Nafsaniyah and Af`al Nafsaniyah are known as A`za Nafsaniyah. These organs are concerned with the perception of sensory stimuli, their conduction, integration, retention and conversion into motor signals, and conduction to the effector organs for final motor function. The functions of conceiving or thought, intelligence, and cognition are also concerned with these organs. Psychic/mental organs are classified into:

(i) Central Organs (Markazi A`za Nafsaniyah):
- Brain (Dimagh)
- Fore Brain (Dimagh Muqaddam)
- Mid Brain (Dimagh Mutawassit)
- Hind Brain (Dimagh Muakkhar)
- Spinal Cord (Nukha`)

(ii) Peripheral Organs (Muhiti A`za Nafsaniyah):
- Cranial Nerves (Jumjumi A`sab)
- Spinal Nerves (Nukha`i A`sab)
- Nerve Ganglia (`Asbi `Aqa`id)
- Eye, Ear, Nose (`Ain, Uzn, Anf)
- Tongue (Lisan)
- Skin (Jild)
- Muscles acting under the motor faculty (Quwwat Muharrikah)

III: A`za Haywaniyah (The Vital Organs): Compound in structure, these are the organs pertaining to circulation of blood and respiration, viz.:

- Heart (Qalb)
- Arteries (Shirain)
- Veins (Awridah)
- Capillaries (`Uruq Sh`ariyah)
- Larynx (Hanjrah)
- Trachea (Qasbal-Riyah)
- Bronchii (Shu'batain al-Riyah)
- Bronchioles (`Uruq Khashinah)
- Lungs (Ri'tain)
- Thorax (Sadr)
- Pleurae (Aghshiyah)
- Diaphragm (Hijab Hajiz)

IV: A`za Rai'sah (The Essential Organs): Galen states [Ifada Kabir Mufassal (1947) pp. 105-107)] that the number of vital organs is same as there are necessary faculties (Quwa) in the body. And since there are three necessary faculties (Quwa) for the preservation of "individual", and one for the preservation of "species", therefore according to the preservation and succession phenomenon, A`za Raisah (Essential Organs) are identified as four in number, viz.

(1) Heart (Qalb)
(2) Brain (Dimagh)
(3) Liver (Kabid)
(4) Testes and Ovaries (Khisyatain and Khisyatain al-Rahm)

(1) **Heart (Qalb):** It serves quwat haywaniah (vital force) and supplies nutrition and ruh (pneumatic support) to all organs and thereby their vitality is ensured. Heart is considered the centre of quwat haywaniyah.

(2) **Brain (Dimagh):** According to Quwat Nafsaniyah it is one of the a`za raisa. Serving quwat nafsaniyah it is responsible for all sensations and movements in the body. Brain is considered as the centre of all psychic/mental faculties.

(3**) Liver (Kabid):** According to quwa tabiyah, it is the `uzu rai's serves the quwat tabiyah, especially the nutritive faculties, and is responsible for nearly all metabolic functions in the body. Liver is considered the centre of whole nutritive faculties.

(4) Testes and Ovaries (Khisyatain and Khisyatain al-Rahm):

According to the faculties of reproduction, these are the essential organs (a`za ra`isa), responsible for preservation and propagation of species, considered as the centres of reproductive faculties.

These (four) essential organs are assumed practically to be self-sufficient and self-sustaining with respect to their own quwa (faculties). But for other power faculties they have to depend on other vital organs. As for example the brain which is self-sufficient in quwat nafsaniyah which is its personal and real faculty, but it has to depend for quwat haywaniyah and tabiyah on the heart and liver respectively. Similarly heart is furnished with vital faculty (quwat haywaniah) which is,the real and self quwat of the heart but it depends for the sensations and movements on the brain and for correct physiological functions on the liver.

State and Functional Relationship of Essential Organs and their Faculties

@TEXT-1 =
@TEXT-1 =
@TEXT-1 = LIVER
@TEXT-1 =
@TEXT-1 = Transport of
Neuro-endocrinal
@TEXT-1 = nutrients through
massages
@TEXT-1 = vessels Hararat Circulation/
@TEXT-1 = Ghariziyah Transport
@TEXT-1 =
@TEXT-1 = □
@TEXT-1 = Arteries BODY'S
Sensations
@TEXT-1 = HEART SIMPLE &
BRAIN
@TEXT-1 = COMPOUND
Movements
@TEXT-1 = ORGANS through
Nerves
@TEXT-1 =
@TEXT-1 =
@TEXT-1 = Propagation Purification Propagation
@TEXT-1 = Excretion
Purification/Excretion
@TEXT-1 = □

The Vital Force (Ruh life spirit)

There are certain faculties or the powers and `drives' of the body corresponding to the three biological systems physical, nervous and vital. Physical faculty is responsible for nutrition and growth and is centreed in the liver. The nervous faculty provides sensation and movement and is centreed in the brain. The vital faculty is a prerequisite to life and activity of every organ and tissue. The vital faculty expands and contracts the vital force (ruh) and moves it inwards and outwards. It brings in light and air to condition the vital force and expels the hot smoky vapours for its purification. Hence, from the point of view of life, the vital faculty imparts reactivity to the vital force and from the point of pulse and respiration, it endows it with activity.

Due to the confusion of the term (ruh) with `soul' it has been associated with `Nafs' or `Anima' i.e. something personal to each individual, immaterial and immortal, sometimes refers to a physical body (organism) endowed with a self-directing purposeful energy. Galen deemed `Ruh' as the breath (Pneuma) but Ibn Sina holds that vital force (Ruh) is not what the philosophers call the `soul or anima', it is a luminous substance, a ray of light which emerges from a mixture of the first principles, and approaches towards likeness of the celestial beings. Later on it has been resolved according to the principles of Unani medicine that `it is a subtle vapour which rises from the blood, diffuses itself to the remotest arteries, and resembles the sun in luminosity'.

As a luminous substance the ethereal vital force is formed of the light vapours portions of humours, it is carried by the heart and blood vessels, is purified by the inspiration of light air [O_2] and is moderated by the expiration of hot smoky vapour [CO_2 & H_2O]. The vital force as a substance may, therefore, be identified with the immediately combustible moiety of the nutriment [and thus with the glucose and its auxiliaries such as the hormones, vitamins and enzymes].

As a ray of light vital force is the `innate heat' or vital energy, which is `the instrument of all the faculties' and which moves with the vital force. During sleep the vital force moves inwards the innate heat too moves with it and thus strengthens the physical faculty but leaves the exterior of the body cold, and so the nervous faculty dull and sluggish. The opposite happens in the case of wakefulness. Similarly when in fear the vital force moves inwards the exterior becomes cold and the interior hot. In

anger the opposite occurs the outer nervous faculty becomes activated while the inner physical one is dulled.

The vital faculty which thus supplies energy, maintains the body temperature, heart beats and respiratory movements is identifiable with the basal metabolism of the body.

The centres of the autonomic nervous system in the brain and spinal cord which control the quantitative discharge of the vital force through contraction and expansion of the pulse, direct its qualitative discharge by inward [anabolic] and outward [catabolic] movement of vital energy through the sympathetic and para-sympathetic routes such as during sleep and wakefulness, and in emotions of fear and anger, may be recognized as centre or `heart' of the vital faculty.

According to Ibn Sina "The foundation or beginning of all these faculties is traceable to the heart, as is agreed upon even by those philosophers who think that the source of visual, auditory and gustatory power lies in the brain". This `heart', however, is not just the structural heart described by the anatomists but the functional heart which as the centre of emotions, thermo-regulation, sleep and water metabolism is centreed in the diencephalon, a portion of the brain which in the phylogeny of race was the first to develop. The pituitary which subserves as well as regulates the functions of this region may also be included in the concept of the `heart' described in the Canon.

This generalization of the various organs and systems under the heading of faculties and vital forces lacks the wealth of detail available in modern physiology but it offers the picture of man as a **`Psychosomatic unity of interacting physical, nervous and emotional factors and provides a better understanding of the dual aspects of the heart - one of circulation and other of emotions'.**

Source of Vital Force (Ruh)

It has been established by almost all the physicians that Ruh in fact is a gaseous substance whose source is the atmospheric air When the inspired air reaches the alveoli of the lungs, the oxygen (ruhi) part of air is absorbed by blood, becomes the part of the body and thus called `ruh'. Oxygen outside the body is not called `ruh' but it is a simple (elementary) constituent of atmospheric air. However when it is absorbed in the red blood corpuscles and fluids (rutubat/akhlat) of the body it becomes ruh

(for the body). Galen identified blood as carrier of vital force (ruh) thus named it as Hamil-al-Ruh (Carrier of vital force). This Ruh al-Haywani enters the lungs from the air through respiration and then reaches to the heart and becomes the source of production of heat (energy). It has also been mentioned by Unani Physicians that the maddah (source) of ruh is air which is inhaled through respiration.

Ibn Sina states that this air is not only an `Unsur (element) for our bodies and vital forces (awrah) but it is a help which continuously reaches in our body and becomes the cause of its promotion, not only in the capacity of being `Unsur but for being an active agent too (therefore air is also called Hawa-murawih being an active agent).

Unani medicine holds that there is no organ in the body left without ruh. Where there is blood, there is ruh. Ratubat tajawif (tissue fluid) also contain ruh. The organs which are not supplied with blood, their supply of ruh is met with or by other akhlat (fluids), which carry ruh to those structures. However, it is said that arterial blood contain more ruh than the venous, but the pulmonary arteries contain less ruh than the pulmonary veins. Similarly, left chambers of the heart contain more ruh than the right chambers. Similarly, the organs whose mizaj is hot, are more active and their metabolic rate is very high, contain more ruh; contrary to this, the organs whose mizaj (temperament) is cold contain less ruh. Thus, the consumption of ruh in an organ clearly indicates the mizaj (temperament) of that organ with respect to its hotness or coldness.

Functions of Ruh

The physicians have enumerated the following functions of ruh which are virtually the results of the same process:

1. Ruh produces hararat ghariziyah (innate or real or normal heat) in the body.

2. Ruh produces energy in the body which keeps all the quwa (faculties) functioning.

3. Ruh keeps all the organs of the body alive.

Production of Energy and Heat by the Ruh

It is well known to us that a process of istahalah (metabolic changes) is going on in our body. This istahalah (metabolism) is

composed of two processes: (1) kaun (anabolism) and (2) fasad (catabolism). With the result of these istahalat (metabolisms) production of energy in the form of ATP and heat, takes place. In this production of energy and heat two important factors from umur tabi`yah of our body participate:

(i) Ruh, which is obtained from the inspired air.

(ii) Akhlat Latifah (nutrients), which are obtained from the blood plasma.

When action and reaction among ruh and akhlat latifah takes place, or in other words ihtiraq (burning) of nutriments takes place with the ruh, the energy and heat (hararat ghariziyah) are produced, thereby the organs of the body become able to continue their respective functions. It is why Abu Sahl Masihi has called the ghiza (nutrients) as waqud (fuel) and the external air as maddah al-ruh (precursor of ruh).

The example of the internal itaraq (burning) in the microcosm (human body) is given by the physicians with the burning of coal or glowing of lamp in the outside world (macrocosm). They maintain that as the heat is produced by the burning of coal or the lamp, in the same manner there is a fuel, like coal or oil in the body which when meets the ruh, gets burnt. The only difference between the two ihtiraq (oxidation) is that the process of production of energy and heat is organized-one in the body and the energy is released in an organized and controlled manner, whereas in the external world the coal is burnt abruptly and the energy is also released abruptly. The internal hararat (heat) is released with i`tadal (normalcy) which is essential for the maintenance of health. This very normal heat is called as hararat ghariziyah. When the hararat (heat) exceeds the normal limits, it is called hararat gharibah or humma (fever or hyperpyrexia), or when it falls below normal it is called as hararat muqassirah (hypopyrexia).

With the result of this ihtiraq (oxidation) bukharat dukhaniyah or aukhan are produced which are also known as fadhalah al-ruh (waste product of ruh) which is now known as carbon dioxide. Excretion of this fadhalah from the body is essential. While discussing the functions of respiration Ibn Sina has clearly mentioned two functions:

(i) Tarwih (oxygenation): i.e. furnishing of ruh to the organs.

(ii) Tanqiyah (excretion): i.e. expelling of bukharat al-dukhaniyah (CO_2) from the body.

Quwa (Faculties) and Ruh

The Tibb holds that the maintenance and proper functioning of quwa (faculties) depends upon the continuous supply of ruh. Any cessation of the supply of ruh means cessation in the functioning of quwa. It has already been seen that when with the help of ruh, akhlat latifah (glucose, amino acids, fatty acids and glycerol) undergo ihtiraq (oxidation), huge amount of energy in the form of adenosine triphosphate (ATP) and heat is produced. This very energy (ATP) causes to perform the chemical, physical and mechanical functions in the body. Thus, this energy is a constant source of supply to all quwa (faculties) i.e. quwa tabi`yah, quwa nafsaniyah and quwa haywaniyah. In other words the faculties of the body will continue their functioning as long as the general energy (ATP) remains available to the respective organs which are centre of these faculties. That is why it is generally held that all the bodily faculties exist owing to the dynamics of ruh.

Kinds of Arwah

In accordance with three quwa (faculties), arwah (ruh) have also been divided into three kinds viz. ruh tabi`i (natural pneuma), ruh haywani (vital pneuma) and ruh nafsani (psychic pneuma). When the ruh reaches to the liver the centre of quwa tabi`yah, it is called as ruh tabi'i, where it produces quwat `am (general energy) to help quwa tabi`yah. Similarly, when it reaches to the heart the centre of quwa haywaniyah, it is called as ruh haywani, where it helps quwa haywaniyah to discharge its functions; and likewise when the ruh reaches to the brain the center of quwa nafsaniyah, it is called as ruh nafsani, where it helps quwa nafsaniyah to perform its functions. Thus, the essence of ruh is the same, but the difference is only of the names. The name of the ruh varies according to respective a`za rai`sah (vital organs) particularly for each of the quwa (faculties).

A fact should also be borne in mind that in between ruh and quwa (faculties) there is an intermediary thing and that is al-quwat al-`am (general energy in the form of ATP). And though this general energy is produced in each and every cell of the body, but in a`za' rai'sah (vital organs) it performs specialized

functions by potentiating the respective quwa (faculties) which perform specialized functions pertaining to their respective faculties. Therefore, that general energy which is produced by that particular ruh which reaches the vital organs is called as ruh tabi`i, ruh haywani or ruh nafsani.

Some times the meanings of ruh tabi`i, ruh haywani and ruh nafsani are taken as quwat tabi`yah, quwat haywaniah and quwat nafsaniyah. Here also these terms signify the presence of some types of energy in between ruh and faculties, which plays paramount role in the functioning of faculties.

Al-QUWA (Faculties)

The Quwa (faculties) are those natural and specialized powers which are furnished to a living body for the performance of its special functions, and which become cause for the performance of the body, for the preservation of the individual as well as species. No organ is devoid of this Quwat or Functional Faculty. There are three major divisions of Quwa/Faculties/ Functional Power of the body:

Kinds of Quwa:

1. Al-Quwa al-Tabi-yah (Natural Faculties).

2. Al-Quwa al-Nafsaniyah (Physical or Mental Faculties).

3. Al-Quwa al-Haywaniyah (Vital Faculties).

The concept of Quwa (Faculties/Powers) is unique in Unani medicine. The Quwa is that property of the body with which the phenomenon of life is manifested. Quwa provide the basis for different body functions as described in the following discussion.

Al-Quwa al-Tabi'yah

Al-Quwa al-tabi'yah (natural faculties are those which are responsible for ingestion of Ghiza (Food) and excretion of waste products; and preservation of race. The organs pertaining to this faculty are called al-a'z'a al-tabi'yah (natural organs). The chief organ or the seat or centre of this faculty is the liver.

Kinds of Quwa al-tabi'yah

According to the above function, Quwa tabi'yah (natural faculties) have been divided into the following three faculties:

1. Al-Quwat al-Ghizayiah (Nutritive Faculty).

2. Al-Quwat al-Murabbiyah (al-Quwat al-Namiyah) or the Faculty of Growth.
3. Al-Quwat al-Muwallidah (al-Quwat al-tanasuliyah), or Reproductive Faculty.

Kinds of Quwat ghizayiah

According to the above functions the above faculty has been divided into the following Quwa (Powers):

1. Quwat Jazibah (Power of Attraction or Ingestion).

2. Quwat Masikah (Retentive Power).

3. Quwat Hadhima or Quwat Mughayirah [(Thaniyah) - Power of Digestion or Transformation].

4. Quwat Dafi'ah (Power of Propulsion or Excretion).

According to Abu Sahl Misihi each of the above four Quwa (Faculties) are two-fold.

a. One is that which attract the external food and sends it to the stomach (gastro-intestinal tract) then retains it and transforms into the materials capable of becoming the blood (Akhlat) and then transfer it towards the liver. All these changes do not take place in the lumen of the latter (this Hadhm- transformation is called Hadhm mi'di i.e. simple digestion in the gastro-intestinal tract).

b. The other one is that which is found in the substance (Cells) of the Mi'dah (gastro-intestinal tract) and attracts the Ghiza (Food) into the cells, then retains it there and transforms it into the likeness of substance of the Mi'dah (gastro-intestinal tract) and expels the Fudhalat (Waste Products). The same thing also takes place in the liver. This is Hadhm 'udhwi.

Therefore, the above four Quwa (Powers) Jazibah, Masikah, Hadhimah or Mughayirah and Dafi'ah are two fold - one found in the gastro-intestinal tract to complete the whole process of digestion (Ingestion, Retention, Digestion and Expulsion) and the same are found in all the cells of the body which absorb the food materials and Ruh and metabolize and transform them into various compounds and replace the wear and tear and produce

the Quwat (Energy) for the proper functioning of different Quwa (Faculties).

Al-Quwa al-Tanasuliyah

Quwa-e-tanasuliyah (Reproductive Faculties) are other kinds of Quwa-e-tabi'yah (Natural Faculties) which act on the Ghiza (Food) for the preservation of species. These faculties ensure propagation and preservation of the species to replace what is lost through the death of its members. These faculties are responsible for the generation of Mani (Semen) i.e. sperm and ovum; for all sexual functions and formation of the foetus in the mothers womb.

These faculties are of two kinds.

1. Al-Quwah al-Muwallidah (Generative Faculty).

2. Al-Quwah al-Musawirah (Formative Faculty).

1. Al-Quwah al-Muwallidah (Quwat-e-Muwallidah)

According to Ibn Nafis al-Quwah al-Muwallidah is that Quwah which separates the essence of Mani (semen) i.e. sperm or ovum, from Imshaj (compounds) of the body inside the testis (and Ovary) and makes each of its part to become a particular organ. Ibn Sina is of the opinion that Quwat-e-Muwallidah is of two kinds: one kind generates Mani (sperm and ovum) in the males and females respectively, and the other one is that which gives different combination to different potentialities of the Mani (sperm and ovum), according to future organs. This Quwah is also called Quwah Mughayirah ula (Primary Transformative Power).

2. Al-Quwah al-Musawirah (Quwat-e-Musawirah)

According to Ibn Nafis the other Quwa (faculty) gives shape to each part of Mani (sperm and ovum) which is required by that particular species to which this Mani (sperm and ovum) belongs, or any other shape close to that particular individual. Giving of shape means it produces lines in the organs, forms cavities and depressions and performs other functions. This Quwah is known as al-Quwah al-Musawirah (formative faculty). Ibn Sina says the formative faculty is that whereby, subject to the decree of Allah, delineation and configuration of the organs is produced with all their cavities, foramina, positions and relations to one another, their

smoothness or roughness and so on -- all being controlled upto the final limits of their natural dimension. Al-Abbas is also of the same opinion.

This Quwah (Faculty) controls the following functions.

1. Male and Female sexual powers (potency) and functions of copulation.

2. Fertilization of ovum.

3. Transplantation of ovum.

4. Cleavage and differentiation of ovum.

5. Formation of membranes and foetal parts.

6. Development of ovum (Foetus).

7. Parturition.

Al-Quwa al-Nafsaniyah (Psychic or Mental Faculties)

Al-Quwah al-Nafsaniyah (Quwa-e-Nafsaniyah) are those faculties which perform intellectual, sensory and motor functions in the body. In the other words they perform all the functions of the nervous system. The organs pertaining to these are brain, spinal cord and nerves etc. And the brain itself is considered to be the supreme member of this group i.e. the seat of Quwa-e-Nafsaniyah.

This major faculty is composed of three faculties.

1. Al-Quwa al-Hassasah or Al-Quwa al-Mudrikah (Quwa-e-Mudrikah or perceptive faculties).

2. Al-Quwa al-Muharrikah (Quwa-e-Muharrikah or motor faculties).

3. Al-Quwa al-Tadbir or Al-Quwa al-zihn wal-fikr (Quwat-e-Mudabbira or faculty of planning and mind or intellectual faculties).

   This is called by Ibn Sina and his followers as al-Quwa al-Mudrikah al-Batinah (Quwat-e-Mudrika batina, Internal perceptive faculties).

Al-Quwa al-Mudrikah (Faculties of Perception)

Quwa-e-Mudrikah (Perceptive Faculties) receive all kinds of sensory stimuli from different sensory receptors (Mudrikat) and send it to the brain in their respective internal centres. These are of two kinds.

1. Al-Quwa al-Mudrikah al-zahirah (Quwa-e- Mudrika Zahira - External Perceptive Faculties).

2. Al-Quwa al-Mudrikah al-Batinah (Quwa-e-Mudrika batina - Internal Perceptive Faculties).

Al-Quwa al-Mudrikah al-Zahirah

These sensory faculties are composed of five faculties related to five external sense organs.

1. Quwat al-Basar (Power of Vision) related to the Eyes.

2. Quwat al-Sam' (Power of Hearing) related to the Ears.

3. Quwat al-Sham (Power of Smell) related to the Nose.

4. Quwat al-zauq (Power of Taste) related to the Tongue.

5. Quwat al-Lams (Power of Tactile Sensations) related to the Skin etc.

Al-Quwa al-Mudrikah al-Batinah

These are internal perceptive faculties which recognize and perceive the particular forms and meanings of those particular things that have been perceived by the external senses. The number of these internal perceptive faculties is five according to five external perceptive stimuli. The followings are these faculties with their centres in the brain.

1. Quwat al-Basar (Internal Visual Faculty)
   Its centre is the occipital lobe of the cerebrum especiallythe calcarine sulcus. In area 17 the visual impluses are received and the form of the object is perceived (visual sensory area). In area 18 the exact meaning of a visual image is interpreted and integrated such as the meaning of written language (visual psychic area).

2. Quwat al-Sam' (Internal Hearing Faculty)
   The centre of this faculty is temporal lobe of the cerebrum. In area 41, 42 (Heschl's Gyrus) and adjoining part of

superior temporal gyrus (Area 22) the pitch, loudness and quality (form) of the sound are perceived. The centre is bilateral.

3. Quwat al-Sham (Internal Faculty of Smell)

   Its centre is situated in the uncus and hippocampal gyrus (cerebrum). Here olfactory sensations are perceived.

4. Quwat al-Zauq (Internal Gustatory Faculty)

   Its centre is situated in the inferior part of the post central gyrus in cerebrum. Here general sensation and sensation of taste is perceived.

5. Quwat al-Lams (Internal Faculty for General Sensation)

   The centres for perception of touch, temperature (heat, cold), pain, kinesthetic sensations are situated in somesthetic area parietal lobe of cerebrum (muqadam dimagh). Area 3,2,1 are the perception areas for perceiving the form of the general sensations and areas 5,7 are the psychic association area for perceiving the meaning. Thus, the complete meaning of the particular sensation is understood such as: a) appreciation of the size, shape, texture and weight of the object Steriognosis; b) appreciation of the relative intensity of different stimuli; c) tactile localization, tactile discrimination of two points, recognition of position and passive movements of the limbs.

According to Ibn Sina who accepted the views of ancient philosophers instead of the physicians, the five internal perceptive or sensory faculties are:

a. Al-Hiss al-mushtarak (Faculty of Composite Sense)

b. Al-Khayal (Faculty of Imagination a type of memory)

c. Al-Wahimah (Faculty of Apprehension).

d. Al-Mutasarrifah, Al-Mufakkirah or Al-Mutakhayalah (Faculty of Ideation).
e. Al-Hafiz (Faculty of retention).

Al-Quwa Al-Muharrikah (Motor Faculties)

Almost all sensory and even the abstract experiences of the mind are eventually expressed in some type of motor activity, such as actual muscular movements of direct nature, contraction or relaxation of the muscles, attainment of posture, crying and laughing etc. Thus Quwat-e-Muharrikah (Motor Faculty) is that power which becomes cause for all the bodily movements.

Quwat-e-Muharrikah controls the motor activities in the following sequence of three stages.

1. First the thought is originated for the motor activity to be performed. Thereater,
2. The sequence of movements necessary to perform the over all task is determined. And lastly,
3. The muscular movements themselves are controlled.

Thus, according to these stages, Ibn Nafis has classified this Quwah (Power) into following four kinds.

1. Quwat Khayaliyah or Wahmiyah (Power of Ideation or Thinking)
2. Quwat Shauqiyah (Desiring Faculty)
3. Quwat 'Azimah (Faculty of Determination)
4. Quwat Fa'ilah (Efficient or Operational Faculty)

Al-Quwa Al-Tadbir (Intellectual Faculties)

These faculties are called as Al-Quwa al-Tadbir (Quwat-e-Mudabbirah, Faculty of Planning) or Zihn (Mind) and Fikr (Thought) classified into three categories viz.

1. Al-Takhayul or Quwat-e-Mutkhayala,
2. Al-Fikr or Quwat-e-Mufakkira and
3. Al-Zikr or Quwat-e-Mutazakkira.

Ibn Sina and his associates, who have followed the views of Unani (Greece) philosophers instead of the physicians, have called this faculty as Al-Quwa al-Mudrikah fi'l-Batin (Quwat-e-Mudrika Batinah) and have classified these into the five categories as under.

1. Al-Hiss al-Mushtarak
2. Al-Khayal
3. Al-Wahimah

4. Al-Hafizah

5. Al-Mutasarrifah or Al-Mutakhayalah.

Thought, Memory, Learning and Consciousness are all the function of the intellectual faculty of the brain.

Al-Quwa al-Haywaniyah (Vital Faculties)

Quwat-e-Haywaniyah are those faculties which furnish vitality (Hayat) to the organs enable them to receive Quwat Nafsaniyah (Mental Power) to accomplish various activities of life. The organs concerned with this faculty are known as vital organs (A'za'Haywaniyah).

"Quwat hywaniyah have been defined as those faculties due to which the life is maintained, and whose seat is the heart. These begin from the heart, enter the arteries and reach all over the body and furnish life to them. Among these Quwa one Quwat (Power) is Quwat Fa'ilah (Efficient Power) which causes contraction and relaxation in the heart and arteries".

In fact Quwat Hywaniyah is the faculty which is the source of life for the organs. Thus life is maintained by the following two processes.

1. By the process of respiration ---whereby the air is inspired and Ruh is absorbed by the lungs from the inspired air and Fadhalah al-Ruh (Waste Product of Ruh i.e. Carbon dioxide) is exhaled from the lungs.

2. By the process of blood circulation ---whereby the blood circulate all over the body with the pumping action of the heart, thus ruh is absorbed by the blood in the lungs and carried to the heart, which pumps the Ruh and Akhlat Latifah (Nutriments to all cells and tissues) to be metabolized by Quwat Tabi'yah to produce general energy (Ruh Nafsany, Ruh Haywany or Ruh Taba'i) to serve various Quwa (Faculties) of the body to carry on various activities of life. Bukharat Dukhaniyah (Carbon dioxide) produced with the result of Ihtiraq (oxidation) of Akhlat Latifah (Nutriments), are carried to the lungs with the venous blood, to be expelled out by the process of expiration.

Al-Nabdh (Pulse)

Pulse is the alternate expansion (Inbisat) and contraction (Inqibadh) of the arteries produced by the pressure changes during systole and diastole of ventricles of the heart. When the heart contracts the arteries dilate and when the heart dilates, the arteries contract (Ibn al-Nafis).

In order to obtain information pertaining to the physiological and pathological condition of the heart, vessels as well as of the other organs, the following ten features of Pluse (Nabz) are particularly observed by the physicians.

1. Miqdar (Volume)
2. Kayfiyat al-Qara' (Tension)
3. Qiwam al-Alah (Condition of Vessel wall)
4. Miqdar ma fi'l-shiryan (Blood Volume)
5. Zamanah al-Harkat (Duration of Movement -rate)
6. Zamanah al-Sukun (Duration of rest -rate)
7. Malmas (Tactus)
8. Istawa and Ikhtalaf (Rhythm)
9. Nizam and Adam Nizam (Regularity and Irregularity)
10. Wazn (Equilibrium)

Kinds of Abnormal Pulse

A large number of abnormal pulse have been described in the Tibbi literature with their Asbab (Causes) leading to the diagnosis of various diseases of the vessel wall itself, diseases of the heart and of the other organs and systems of the body directly or indirectly affecting the heart. The diagnosis of these diseases in fact, depends upon the close clinical observation and right interpretation.

Al-Af'al (Functions)

Since Af'al (Functions) and Quwa (Faculties) are inseparable and these are functions that are testimony to the presence of Quwa, therefore, Af'al (Functions) are as many as there are

Quwa (Faculties). Af'al (Functions) have already been described with the discussion of the Quwa (Faculties). However, it is customary to give a general description of functions under a separate heading.

Classification of Functions

a. According to Quwa (Faculties)

b. According to the number of Quwah (Powers) subservient to particular function.

Classification of Functions According to Quwa (Faculties).

1. Af'al Tabi'yah (Natural Functions)

a. Fi'l al-Taghziyah (Function of Nutrition)
b. Fi'l al-Numu (Function of Growth)
c. Fi'l al-Tauleed (Function of Reproduction)

These functions have been further subdivided into different functions according to further subdivision of different Quwa Tabi'yah (Natural Faculties).

2. Af'al Naffsaniyah (Mental or Psychic Functions)

a. Fi'l al-Hiss (Sensory Function)
b. Fi'l al-Harakat (Motor Function)
c. Fi'l al-Tadbir (Intellectual Function).

These functions have been again subdivided into different functions, according to further subdivision of different Quwa Nafsaniyah.

3. Af'al Hayawaniyah (Vital Functions)

a. Fi'l Dawran al-dam (Blood Circulation)
b. Fi'l al-Tanaffus (Respiration)

These functions have been further subdivided into various other functions.

Classification of functions according to number of Quwah (Power) participating in a function.

1. Fi'l Mufrad (simple function)
2. Fi'l Murakkab (compound function)

1. AF'AL MUFRADAH (simple functions): Simple functions are those which are carried out by single quwat (power) under any of the faculties.

i. Example under quwa tabi'yah-

a. Fi'l al-jazb (attraction or absorption) which is performed by simple diffusion or active transport. Pinocytosis also belongs to this category. Arab physicians have described three physical forces i.e. magnet like attraction, suction like roots of the trees, and vacuum like action.

b. Fi'l al-Imsak (retention) retention of material inside the cells.

c.Fi'l al-Hazm or Fi'l al-Taghayur function of transformation, anabolism and catabolism inside the cells also belong to the category of af'al mufradah (simple functions).

d. Fi'l Dafa' (function of expulsion)-waste products and other materials not needed to the cell are expelled out. Functions of Tahsil (attraction), ilzaq (adhesion) and Tashbin (assimilation) also belong to af'al mufradah (simple functions).

ii. Examples under quwa-e-nafsaniyah-
Depolarization, development of action potential and conduction of impulse through the neurons and contraction of the muscle fibres.

iii. Examples under quwa haywaniyah-
Exchange of gases (ruh and dukhan) in the lungs and tissues and production of general energy in the form of ATP or ruh hayawani. However, the exchange of gases takes place under quwa tabi'yah.

2. AF'AL MURAKKABAH (compound functions) compound functions are those which are performed by more than one power.

i. Examples under quwa tabi'yah-
a. Mastication of food
b. Deglutition
c. Digestion of food in gastro-intestinal tract
d. Propulsion and defecation
e. Formation of urine etc.

ii. Examples under quwa nafsaniyah-

a. Foundation of sight, hearing, smell, taste, and tactile sensations.

b. Various voluntary and involuntary movements. e.g. speech, locomotion, and movements of visceral muscles.

c. Function of thought, ideation, memory and other intellectual functions.

iii. Examples under quwa hayawaniyah-

a. Respiration

b. Systole and diastole of the heart, whereby blood circulation is achieved.

c. Vasoconstriction and dilatation action under quwat nafsaniyah.

Although the above functions have been classified under each of three faculties but many of these functions are combined actions of more than one faculty i.e. inter-faculty actions.

Abroma augusta Linn.

Family: **Sterculiaceae**
Arabic Name(s): Abromah
Urdu Name(s): Ulat-Kambal, Olatkambol
English Name(s): Devil's Cotton

Parts Used

Root, root bark (aqueous extract), leaves and stem.

Quality/Temperament

Warm and dry in the first order.

Functions and Properties (Pharmacological Actions)

Emmenagogue, uterine tonic, resolvent, diuretic.

Specific Action

Emmenagogue, uterine tonic.

Medicinal Uses

Reputed emmenagogue, generally given in cases of menstrual disorders, particularly in various types of dysmenorrhoea, pain of menstruation, it is administered to relieve functional uterine debility meritis, leucorrhoea and to treat sterility in women. Single administration (douche) regulates menstrual flow (desirable effect is produced if given two days before menstruation) and acts as uterine tonic. Infusion of the fresh leaves and stems in cold water is very effective in gonorrhoea. Single administration during the menses is regarded as effective in bringing the conception in young married women.

Compound Preparations

Administered along with other herbal ingredients, Masturin.

Dosage

Fresh viscid juice or aqueous extract (approximately 70 ml) of bark (2-4 grams) as douche before breakfast, or twice a day.

Corrigent

Sour food articles (citrus juice), Sikanjbin(Honey and vinegar syrup in water).

Tenedium

Ruta graveolensLinn. (Sudab), Peganum harmalaLinn. (Ispand/Harmal), Valeriana officinalis Linn. (Balchar), Adiantum capillus-veneris Linn. (Pershiaoashan).

Comments

The natural drug has been used indigenously from an early date however, non-availability of published work on its ethnobotany, ethnopharmacology and chemical composition appear to be the major reason behind its non-popularity. The shrub has long been known as valuable fibre-yielding plant.

Abrus precatorius Linn.

Family: **Papilionaceae**
Arabic Name(s): Shisham, Batrah-Hindi
Urdu Name(s): Ratti, Ghongchi, Chanothi, Rattion
English Name(s): Jequirity

Parts Used

Seeds.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

The seeds are not used much internally due to their highly toxic affects. In external use the seeds possess resolvent, detergent, corrosive and desiccative actions. In embrocations sex stimulant. Internally in very small (recommended/ prescribed) doses as nervine, aphrodisiac and irritant- stimulant, purgative, emetic, abortive.

Specific Action

Externally resolvent, detersive, corrosive, desiccative. Internally stimulant.

Medicinal Uses

Seeds powdered and rubbed with Plumbago zeylanicaLinn. root and applied over the affected parts in leucoderma and psoriasis. With Chaulmoogra oil continuous daily application for about a month cures such diseases as well as leprosy. Seeds are made into paste in water and applied over contusions to reduce pain and swelling. Also applied on site of pain in sciatica, stiffness of shoulder-joints, paralysis and other nervous affections and inflammations, to resolve them and to reduce the pain. Seeds powdered and used as collyrium for treating pannus in cornea which is due to the irritation of the granulation in conjunctivitis and granular lids. But this application at first causes purulent ophthalmia and this inflammation ceases gradually treating the basic

disorder. But the method is regarded as extremely dangerous and is not advised to be practiced at large. Being corrosive and desiccative applied to putrefied wounds, ulcers and haemorrhoids. Seeds powdered, boiled with milk have a powerful tonic and aphrodisiac action on nervous system. However not much use is made of this property and the seeds are included in embrocations and oily preparations for irritative stimulation of the relative organs.

Compound Preparations

Roghan 'Ajeeb, Tila-i-Urusak (both white and red varieties seeds).

Dosage

In external application in suitable base approximately 60-180 mg.

Corrigent

Fresh coriander, Alhagi maurorumMedic. (Turanjbin).

Tenedium

Psoralea corylifoliaLinn., as well as both varieties are tenedium for each other (red for white and vice versa).

Comments

There are three varieties according to the colour of seeds: red (which is mentioned here), white and black. Seeds powder used as collyrium causes purulent ophthalmia (in some specific eye disorders) therefore only administered by much-experienced Hakims with great care. Root has been referred to be used as a substitute for liquorice but this use does not seems justified because of toxic manifestation.

Abutilon andicum (L.) Sweet

Syn.: Sida indica Linn.
Family: **Malvaceae**
Arabic Name(s): Abtiluon-Hindi
Urdu Name(s): Kanghi, Mashtal Ghol, Peeli Buti, Kuho, Pat-tir
English Name(s): Country Mallow

Parts Used

Leaves, seed, root.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Demulcent, astringent, styptic, antiseptic, carminative, resolvent. Ash of the above ground parts as a whole possess diuretic, lithontriptic activities. Leaves mucilage is useful in chest affections as sedative and for genito-urinary complaints.

Specific Action

Demulcent, diuretic, useful in piles, gonorrhoea and gleet.

Medicinal Uses

Mucilage of the leaves and flowers made into infusion is effective against chest affections particularly haemoptysis, as demulcent and sedative to stop diarrhoea, to bring irresistable diuresis in gonorrhoea, urethritis or gleet and to alleviate micturition the effect of infusion is substantiated by the presence of powdered Carum carviLinn. (Zira-Siyah). Leaves decoction is used as eye wash and mouth wash in toothache, for tender gums and upper respiratory tract disorders administered as gargles. Leaves infusion with some bruised black peppers proves useful in flatulent dyspepsia and bloody piles. Decoction as fomentation also relieves pain when applied under bandage, reduces congestion and cough when given internally. Seeds are useful in decoction in piles, gonorrhoea, gleet and cystitis. Finely powdered drug when given orally act as expectorant and laxative. Root infusion relieves strangury and haematuria and used for recommended duration proves useful against chronic skin disorders e.g. leprosy. Infusion of leaves and flowers brings diuresis, thus get rid of urinary obstructions (may act as lithontriptic) and act as urinary antiseptic.

Compound Preparations

Cuminum cyminumLinn. and the leaves and flowers of Abutilon indicum (L.) Sweet. are ground and infusion is administered for relieving diarrhoea and for diuresis in gonorrhoea.

Dosage

Leaves 6 g. (approximately), seeds 7-12 g. (approximately).

Corrigent

Honey and Piper nigrumLinn. (Black Pepper).

Tenedium

Sweet preserve of Phyllanthus emblicaGaertn. (Murabba Amla) and syrup of potato infusion.

Comments

Traditionally its four varieties are common: first is Kanghi buti, second Khareti, third Khareti Kalanand fourth Gangeran. The excessive use is not advisable to very weak individuals or persons with drastically reduced weight.

Acacia arabica (Lam.) Willd.
Acacia nilotica (Lam.) Delile

Family: **Mimosaceae**
Arabic Name(s): Samagh Arabi, Qarz
Urdu Name(s): Babul, Kikar, Mughilan, Baer jo Khur
English Name(s): Acacia

Parts Used

Leaves, stem-bark and the extract called as "Aqaqiya", as well as gum.

Quality/Temperament

Bark and extract cold and dry in second order, gum dry in second order.

Functions and Properties (Pharmacological Actions)

Gum acacia is demulcent and emollient, styptic, tonic and astringent (a good binder for mixtures, tables or granules made over heat).

Specific Action

Powerful astringent and styptic, systemaically as well as locally.

Medicinal Uses

Gum administered in the form of mucilage in diarrhoea and dysentery, in diabetes mellitus. Powdered gum is used to arrest haemorrhages. Gum is also a useful adjunct to medicines used for pulmonary and catarrhal affections. Fried gum is a useful nutritive tonic and aphrodisiac in sexual debility.

Decoction of the bark is largely used as a gargle and mouth wash in cancerous and syphilitic affections. Also useful as local astringent douche or enema in gonorrhoea, cystitis, vaginitis, leucorrhoea, piles etc. It is an effective astringent tonic in chronic diarrhoea and diabetes mellitus.

Compound Preparations

Hab-e-Sil, Endemali, Hab Awaz Kusha, Hab-Ral, Sunun Paost Mughilan, Qurs Didan, Qurs Sailan, Qurs Silajit, Qurs Sailan Jadid, Hab-e-Mubarik, Laooq Sapistan.

Dosage

Bark 5 to 7 g., gum 1-3 g., extract 1 g. (gum approximately 1-1.5 g.).

Corrigent

The honey, gum and bark powder mixed together.

Tenedium

Guava-bark (Psidium guajavaLinn.).

Comments

Continuous or regular use (as single remedy) may cause astringency and obstructions.

Acacia catechu (Linn. f.) Willd.

Syn.: Mimosa catechu Linn.
Family: **Mimosaceae**
Arabic Name(s): Kad Hindi
Urdu Name(s): Kath, Katha, Katho
English Name(s): Catechu

Parts Used

Bark and wood, extract, flowering tops and gum.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Astringent, blood purifier, desiccative, anthelmintic, antidiarrhoeal, good for spongy gums and tooth ache, for bleeding gums and for elongation of uvula. Externally effective against chronic ulcerations, foetid discharges and bed sores.

Specific Action

Powerful astringent.

Medicinal Uses

As gargles and tooth powder or paste, catechu is useful for strengthening the gums, to impart astringency to them, and to stop bleeding. With cinnamon and opium administered to

stop diarrhoea and haemorrhages. As powder or concentrated cold decoction applied in thrush and muguet especially in children. With cinnamon and nutmeg kept on the site of toothache, as well as combined in specific form (for example pills) is effective in toothache, loss of voice and in cases of mercurial salivation, in hoarseness, relaxed sore throat etc. Also employed to stuff the cavity of aching tooth. Ointment in vaseline or butter is good local application to chronic ulceration with foetid discharge, in obstinate cases a little copper sulphate powder may be added within the ointment for external application. Ointment is also useful for bed sores (without copper sulphate) but powdered catechu for this purpose is preferred. Catechu decoction is useful for washing sore or cracked nipples and is included in preparations prescribed for gonorrhoea, otitis, otorrhoea etc. Preparation of catechu is useful for relieving blisters anywhere in the buccal cavity and externally in prurigo.

Compound Preparations

Zarur Qala'a, Sunun Mustahkam Dandan, Sunun Kalan, Hab Limun, Dawai Gilo, Marham Kharish Jadid.

Dosage

Powder 1-2 g. (approximately).

Corrigent

Myristica fragransHoutt., Musk and Ambergris.

Tenedium

Red ochre (Geru) and Oak galls, Gentiana kurrooor Picrorhiza kurrooaRoyle ex Benth. (Kutki).

Comments

Scattered on foothills in Western Himalayas ascending to 3000-4000 ft. Catechuis the resinous extract prepared from the wood by boiling it in water and inspissating the decoction.

Achillea millefolium Linn.

Family: **Compositae / Asteraceae**
Arabic Name(s): Huzambil
Urdu Name(s): Biranjasif, Gomadar
English Name(s): Yarrow

Parts Used

Leaves and flowers.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

The herb is described as stimulant, tonic, carminative, emmenagogue, antispasmodic and anti-inflammatory.

Specific Action

Anti-inflammatory and carminative.

Medicinal Uses

It has a specific action on the pelvic organs and is used in amenorrhoea, menorrhagia and leucorrhoea. Also given in dyspepsia, flatulence, diarrhoea and haemorrhoids. Externally used as an application to suppurating wounds. Active ingredients of Achillealike choline and achilleine are regarded as lipotropic and sudorific and effective in infectious hepatitis.

Achillea millefolium Linn., therefore, enters into many such compound preparations where indigestion, hepatic insufficiency or anaemic conditions are primary symptoms, or in nutrition-related complications.

Compound Preparations

Arq Biranjasif, Arq Gaz, Arq Maul Lahm Mako Kasniwala.

Dosage

3 to 5 g.

Corrigent

Anisun(Pimpinella anisumLinn.).

Tenedium

Babuna (Matricaria chamomillaLinn.). (Biranjasifin local market is also available as Artemisia vulgarisLinn.).

Comments

In large doses it may cause headache and vertigo.

Achyranthes aspera Linn.

Syn.:	Achyranthes indica Linn., Centrostachys aspera (L.) Stanley; Achyranthes aspera forma robustioides Suss.
Family:	**Amaranthaceae**
Arabic Name(s):	Charchita Ashneen, Atsheerul-Tahis
Urdu Name(s):	Charchitah, Khardar-Guna, Pathkanda, Abat-Kandari, Charchutta

English Name(s): Prickly Chaff Flower

Parts Used

Above ground parts.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Astringent carminative, diuretic, alterative, antiperiodic, stomach tonic, resolvent, purgative. Seeds - emetic; root - astringent. Expectorant, blood purifier. Regarded as useful (especially root) for insect bites.

Specific Action

Useful against insect bites, to resolve suppurating tumours in the arm pits and bloody piles, antimalarial.

Medicinal Uses

Decoction of the root and twigs is effective against stomach ache, flatulence, colic, dropsy, ringworm and other skin eruptions. In bloody piles the prickly chaff flower and leaves (6 grams) with some black peppers are bruised and their infusion is given in recommended doses. Paste of leaves (a bit warm) applied over the paralyzed parts of body proves useful. Paste of root in water is also useful when applied over the suppurating swellings. Decoction of root and leaves is effective against renal dropsies, general anasarca, bowel complaints and piles. In early stages of diarrhoea and dysentery powdered leaves with honey are useful. For primary syphilitic sores fresh juice mixed with little opium (or seeds of Papaver somniferumLinn.) is administered for relief. Infusion of the root is useful mild astringent in bowel complaints. Seeds soaked overnight in milk then ground into emulsion and administered in biliousness. Ash of root and honey regarded as effective for cough. Ash of whole herb in camel milk is useful against dropsy, bilious cough and stomach ache.

Compound Preparations

Kushta Sam ul-Far (Kushta Sankhia), Kushta Shangraf, Kushta Hartal Warqi.

Dosage

5 to 7 g.

Corrigent

Piper nigrumLinn. and honey.

Tenedium

Jawakhar(Potassium carbonate).

Comments

Suppresses appetite, large doses may cause abortion.

(1) Aconitum chasmanthum Stapf. ex Holmes

Syn.: Aconitum napellus Linn.,
A. napellus Linn. var. hians P. Bruhl

(2) Aconitum rotundifolium Kar. & Kir.

Syn.: A. napellus Linn. var. rotundifolium H. & T.

(3) Aconitum violaceum Stapf.

Syn.: A. napellus H. & T.

(4) Aconitum violaceum var. robustum Stapf.

Syn.: A. napellus H. & T.
Family: **Ranunculaceae**
Arabic Name(s): Besh
Urdu Name(s): Bichnag, Bishnak, Mitha Tilia
English Name(s): Aconite

Parts Used

Root.

Quality/Temperament

Warm and dry in fourth order.

Functions and Properties (Pharmacological Actions)

Sedative, anodyne, anti-inflammatory, antipyretic, febrifuge and tonic, stimulates all sensory nerve-endings, antineuralgic, antirheumatic. Diuretic and emmenagogue, local anaesthetic, especially active against atrabilious and phlegmatic disorders, a counter-irritant.

Specific Action

Antipyretic, atrabilious-antiphlegmatic (for atrabile), local anaesthetic, antidote. Detoxified `Aconite' is considered active against `all' human disorders.

Medicinal Uses

Described as effective against all such fevers which are due to inflammations, acts as useful diuretic and lessens local sensitivity, in pleurisy and pneumonia it relieves fever and alleviates pain. Externally effective against neuralgic pains particularly sciatica, tic doloreaux, migraine, etc. and included in embrocations where increased sensitivity is required to be diminished, thus proves useful in tonifying the

external genitals. In amenorrhoea which is due to cold malhumour (effects) it proves useful. In atrabilious-phlegmatic disorders like leprosy, leucoderma, asthma, and chronic ulcers it gives excellent results.

Compound Preparations

Hab-e-Rahat, Hab-e-Nuqra, Johar-e-Yabruj, Al-Ahmar, Hab-Miskeen Nawaz, Dawai-Dipti Saheb.

Dosage

15 mg. to 30 mg. (approximately).

Corrigent

Leaves of Ricinus communisLinn., and to cause vomiting.

Tenedium

Jadwar(Delphinum denudatumWall.).

Comments

Nondetoxified `Aconite' is a drastic poison and counter-irritant. It causes irritation in stomach and intestines, may cause breathlessness, organs become weak, spasm affects the respiration badly and patient may become faint. Strychnine has been reported as its antidote (as well as Delphinium denudatumWall. and Capparis decidua(Forssk.) Edgew. root). It must be detoxified before being mixed with herbal preparations.

Aconitum heterophyllum Wall. ex Royle
Aconitum heterophyllum var. bractcatum Stapf.

Family: **Ranunculaceae**
Arabic Name(s): Khalequl Namr, Atees
Urdu Name(s): Atees, Sharangi, Atis Shireen, Patis, Chittijari
English Name(s): Indian Aconite

Parts Used

Root.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Considered by Traditional practitioners as the non-toxic variety of Aconitum ferox Wall.; A. nepellusLinn. (bichnak). Antiperiodic, analgesic, local anodyne, aphrodisiac,

carminative, antiphlegmatic, antiatrabilious, astringent, styptic, diaphoretic, resolvent of phlegm and antiflatulent.

Specific Action

Antiperiodic (alterative), alexipharmic (antidotal).

Medicinal Uses

Atees(various varieties yellow, red, black) is used due to its astringent and styptic activities in diarrhoea, dysentery, bleeding piles, menorrhagia. It is regarded as alexipharmic and aphrodisiac, removes corrupt humours and thus help alleviate diseases arise due to malhumours. It is a useful digestive and often administered in dyspepsia associated with diarrhoea. With rose flowers in equal quantity as powder is comparatively more beneficial for infants and children. Stops nausea and vomiting. With other suitable drugs and as powder alone given to relieve periodic attack of fevers (malarial). White and black varieties are regarded as tonic, strengthen the body, effective against bilious complaints and plethoric conditions. Considered as the best tonic to relieve convalescence following periodic fevers of long duration.

Compound Preparations

Ma'jun Jograj Guggal, Sufuf Habis, Ma'jun Bawasir, Ma'jun Murawweh ul-Arwah.

Dosage

As powder 1 to 2 g., as decoction 3 to 5 g. (approximately).

Corrigent

Cold and moist (nutritional) articles.

Tenedium

Cinchona (bark) as antiperiodic.

Comments

When taken in large doses may cause (severe) constipation regarded as particularly toxic for stomach. Its use may exert local anaesthetic effect upon tongue.

Acorus calamus Linn.

Family: **Araceae**
Arabic Name(s): Ood Alvaj, Waj, Kani Kaathi
Urdu Name(s): Waj, Bach, Agar Turki
English Name(s): Sweet Flag

Parts Used

Root.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Pungent, bitter, stomachic demulcent, detersive, emetic, antiphlegmatic, desiccative, nervine stimulant, antiepileptic, deobstruent, depurative, diuretic, emmenagogue and aphrodisiac, antirheumatic, assists parturition, anthelmintic, antidiarrhoeal, antidysenteric, antiflatulent, antiasthmatic (particularly antiphlegmatic)..

Specific Action

Aromatic stimulant, antiphlegmatic.

Medicinal Uses

The root possesses quality of clearing mind of waste matters remain there or continuously deposit there particularly the phlegmatic (malhumours) therefore its use with other suitable herbs proves useful in forgetfulness, palsy, paralysis, stammering insanity, epilepsy and paralysis. During epidemics chewing the pieces of root is regarded beneficial in protecting the individual from such attack. Root bruised mixed with honey and administered to children (like Pyrethrum) helps children to speak (confidently). With Glycyrrhizagiven in children's fever, cough, common cold and colic. It imparts strength to muscles and is a useful stomachic, relieves dysentery, diarrhoea, flatulence and gastric troubles (like indigestion). Decoction is effective as diuretic and emmenagogue and fine powder used as household collyrium to improve eyesight. Paste of the root applied on hydrocele gives relief. A pessary composed of root, saffron and milk is used to promote delivery, a hip bath of the decoction is also effective for this purpose. Roots bruised mixed with black pepper and coriander in water is not only useful in childrens' diarrhoea or dysentery but also in bronchial affections of the children.

Compound Preparations

Anqaruyai Kabir, Itrifal Deedan, Sufuf Musaffi Khas, Ma'jun Baladur, Ma'jun Muqil.

Dosage

1-3 g. (approximately).

Corrigent

Cochlospermum religiosum(L.) Alston (Katira) and honey.

Tenedium

Anacyclus pyrethrum DC. /Chrysanthemum indicumLinn. (Aqarqarha) and Cuminum cyminum Linn. (Zira Safaid).

Comments

In large doses it may produce violent and persistent emesis. Dried powdered if spread on a selected site serves as good insect-repellent.

Adhatoda vasica Nees

Syn.: Justicia adhatoda Linn.
Family: **Acanthaceae**
Arabic Name(s): Hasheshatus-Sa'al
Urdu Name(s): Adusa, Bansa,Basonta, Arosa
English Name(s): Vasaka

Parts Used

Leaf, flowers (Gulqand).

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Expectorant, antispasmodic, alterative, diuretic, germicide, antiparalytic, concoctive (for phlegm).

Specific Action

Expectorant and antispasmodic.

Medicinal Uses

Chiefly used as expectorant and bronchial antiseptic in chest diseases, efficacious in cough and asthma. Also regarded as of much benefit in tuberculosis. Juice of the leaves is recommended in fever and rheumatism. Fresh juice of the leaves is given in dose of about 12 g with the addition of honey and long pepper in cough and phthisis. Flowers, leaves and roots are frequently regarded as antiseptic (internally).

Compound Preparations

Sherbet Aijaz and in antitussive and blood purifier syrups.

Dosage

Powder 3 g., decoction 3 to 9 ml.

Corrigent

Black pepper (Piper nigrumLinn.) and honey.

Tenedium

Hyssopus officinalisLinn. (Zufa), and the roots and stem bark of the plant.

Comments

In large quantities (large doses) it is irritant and may cause vomiting and diarrhoea.

Adiantum capillus veneris Linn.

Family: **Polypodiaceae**
Arabic Name(s): Sha'rul Tabbar, Lahiyatul Hammar
Urdu Name(s): Pershiaoashan, Hansraj, Persiao-shan
English Name(s): Maiden Hair Fern

Parts Used

Leaves, above ground parts.

Quality/Temperament

Warm and dry in first order/normal or balanced in warmness and dryness.

Functions and Properties (Pharmacological Actions)

Resolvent, demulcent, concoctive for phlegm and atrabile, expectorant, deobstruent, detersive, diuretic, anticatarrhal, emmenagogue.

Specific Action

Concoctive, expectorant and purgative for bile and atrabile, anticatarrhal.

Medicinal Uses

Being concoctive and expectorant useful in pleurisy, acute pneumonia, influenza, bronchitis and asthma. In fevers due to excess phlegmatic humour used as concoctive with other suitable drugs. Being diuretic and emmenagogue given for expelling the placenta. As detersive and desiccative applied on sores, ulcers, alopecia, alopecia furfuracea, for this purpose bruised to powder and applied on oral sores, stomatitis, pustules and boils of children. Resolves hard swellings, scrofulous glands and other local inflammations. Burnt into ashes, the herb has been regarded as effective when hairs are washed with it in headache and insanity (of

temporary origin). Mostly its decoction is used in Unani medicine and not used alone because it brings desiccation.

Compound Preparations

Matbookh Bukhar, Laooq Sapistan, Sherbet Mudir Tams, Sherbet Ustukhudus, Sherbet Faryad Ras, Sherbet Kaknaj, Sherbet Mushil.

Dosage

5 to 10 g.

Corrigent

Pistacia lentiscusLinn. and flowers of Viola odorataLinn.

Tenedium

Viola odorataLinn. (Banafsha), Glycyrrhiza glabraLinn.

Comments

Described as harmful if administered to patients suffering from spleen disorders. Regular use may cause dessication.

Aegle marmelos (L.) Correa

Syn.: Crataeva marmelos Linn.
Family: **Rutaceae**
Arabic Name(s): Bel, Qas-i-Hindi
Urdu Name(s): Bel Giri, Bel phal, Bel, Kathori
English Name(s): Bael Fruit

Parts Used

Epicarp of fruit or ripe fruit.

Quality/Temperament

Cold and moist in second order/cold in second order, dry in third.

Functions and Properties (Pharmacological Actions)

Mucilaginous (glutinous), alterative, astringent, anticonstipative, haemostatic, stomach tonic, antidysenteric, brain and cardiac tonic. The bark is regarded as antipyretic (and cooling).

Specific Action

Mucilaginous, antidysenteric, alterative, antidiabetic.

Medicinal Uses

Due to its mucilaginous, astringent action epicarp of Baelfruit is useful in chronic dysentery, in habitual constipation and several relevant digestive tract disorders like dyspepsia, flatulence and chronic diarrhoea with or without fever. Its conserve and syrup both have astringent as well as softening mild laxative properties and is given during

convalescence after diarrhoea. Being useful anticonvulsant its sweet preparations are given as preventive in cholera epidemics and for piles, and as useful antihaemorrhagic given in all kinds of soft tissue haemorrhages (of systemic origin) particularly intestinal and excess blood loss during menstruation. With honey or black pepper in lukewarm water it is a useful prescription in catarrhal affections and thus used successively against biliousness and fevers (as alterative and astringent). Also useful in amoebic dysentery and flatulent colic and as demulcent and febrifuge to people suffering from general debility.

Compound Preparations

Murraba Bael, Murabba Belgari, Ma'jun Bawasir, Sherbet Bael Giri.

Dosage

2-3 g. (in powdered form), in infusion 3-5 g. (approximately).

Corrigent

Sugar.

Tenedium

Plantago ovata Forssk. (Ispaghol) in diarrhoea and dysentery.

Comments

Extensive use as single or in compound preparations may cause obstructions and may become a cause of piles/ haemorrhoids. Normal doses or quantities are considered useful to create required acid-base balance in the body. Baelis an appraised herbal drug (of Unani medicine) for its antidiarrhoeal effect.

Allium cepa Linn.

Family: **Liliaceae**
Arabic Name(s): Bizr Basal
Urdu Name(s): Piyaz, Basr, Basal
English Name(s): Onion

Parts Used

Bulbs and seeds.

Quality/Temperament

Warm and dry in first order/warm in third order, dry in the first order with moistness.

Functions and Properties (Pharmacological Actions)

Resolvent and suppurative, expectorant, detersive, aphrodisiac, deobstruent, antidotary, diuretic and emmenagogue. Externally stimulant and rubefacient. Roasted acts as demulcent internally as well as externally to

indolent ulcers, bruises etc., intestinal and urinary antiseptic with mild action, promote bile production, reduce blood sugar, stimulate intestinal smooth musculature and uterus.

Specific Action

Aphrodisiac and suppurative (for inflammations).

Medicinal Uses

For obtaining resolvent action on inflammation, onion is kept in dry warm atmosphere and then applied under bandage. As detersive its water is used for bruising the suitable medicines applied in leucoderma and vitiligo. To open the blind haemorrhoids tied over the piles. Extract of onion with calcium carbonate is said to be effective in cholera. In vinegar onion sliced and taken is said to prevent epidemic attacks. Extract in honey when applied as collyrium clears the vision and eyes. Bulbs are regarded useful in fever, dropsy, catarrh and chronic bronchitis, in colic and scurvy mixed with common salt and administered prove useful. Extract is dropped warm into ears relieve earache. Mixed with mustard oil in equal quantity it is a good application to rheumatic pains and other inflammatory swellings.

Compound Preparations

Jawarish Zar'uni Ambari Ba Nuskha Kalan, Arq Ananas, Arq Hazim, Lubub al-Asrar, Lubub Kabir, Ma'jun Piyaz, Ma'jun Raig Mahi, Ma'jun Murawwehul-Arwah, Ma'jun Muqawwi wa Mumsik.

Dosage

Seeds 1 to 3 g. (approximately), onion juice: 24-36 g. (approximately).

Corrigent

Vinegar, salt, honey, pomegranate extract.

Tenedium

Allium ascaloniumLinn. (Gandana).

Comments

The bulbs used round the world as vegetable and salad as an article of nutrition.

Allium sativum Linn.

Family:	**Liliaceae**
Arabic Name(s):	Ser, Thum, Sum
Urdu Name(s):	Lehsan, Tuma, Thom, Sum, Aogaa, Thum
English Name(s):	Garlic

Parts Used

Bulb.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Stimulant, carminative, emmenagogue, antirheumatic, anthelmintic, alterative, expectorant, diaphoretic, disinfectant, diuretic. Oil is powerful stimulant and antiseptic, prevents irritation and aids absorption of medicines into the blood stream. Garlic is generally regarded as anticholesterolemic, as an effective hypotensive maintains blood pressure at a reasonable level. Also referred as a valuable antidiabetic.

Specific Action

Blood purifier, alterative, tonic for gastrointestinal tract.

Medicinal Uses

Garlic preparations are considered as useful to renew blood, cleans it of all impurities, regulate digestion and remove all parasites of the intestines which might be injurious to health. Recommended frequently for diseases of the lungs, atherosclerosis, high blood pressure, rheumatism, asthma, chronic bronchial catarrh, intestinal complaints, loss of appetite, constipation and worms. When eaten in cold season, it is said to ward off attacks of rheumatism and neuralgic pains. Garlic produces copious diuresis and therefore is useful in dropsy. Externally garlic is used as liniment in infantile convulsions and other nervous spasmodic affections, as poultice to allay retention of urine due to functional debility of the bladder. For pulmonary affections bruised garlic is applied to chest as poultice or liniment. When rubbed over ringworm it brings relief. Garlic juice slightly warmed is used as drops in otalgia, for relief of pain in the internal ear and locally applied to indolent tumours, for scabies and maggots infesting ulcers, ulcerated surfaces and wounds.

Compound Preparations

Roghan Seer, Durr-e-Seer, Tiryaq-e-Faruq, Roghan Surkh, Ma'jun Seer, Ma'jun Seer Alvi Khan.

Dosage

1-3 g.

Corrigent

The garlic pearls to be fried in almond oil, with coriander seeds water, with salt or in water.

Tenedium

The wild variety.

Comments

Excessive use may reduce cholesterol level in the body. Prolong use or large doses contra-indicated for women in pregnancy. Externally as local stimulant and irritant, it reddens the skin and may cause vesication.

Aloe barbadensis Mill.

Syn.: Aloe vera Acut. non Mill.,
Aloe perfoliata Linn. var. vera Linn.
Family: **Liliaceae**
Arabic Name(s): Sibr Saqutari
Urdu Name(s): Ailwa, Musabbar, Airio, Airwa
English Name(s): Aloes

Parts Used

Extract of leaf.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Stomachic-tonic (in small doses), purgative (in large doses), emmenagogue, anthelmintic, detersive for ulcers. Good for improving texture of skin, effective resolvent for local inflammations.

Specific Action

Esteemed laxative (cathartic), anticonstipatory.

Medicinal Uses

Aloe is frequently used in traditional medicine as anticonstipatory. It gets rid of the waste and obstructive matter present in cephalic, ophthalmic, and skeletal sites possible. With suitable drugs prescribed in atrabilious disorders. As stomach tonic given in very little quantities. As anthelmintic either given as enema or added with some suitable oil applied in the like manner inside the anal ring. In dysmenorrhoea its tablets are administered in prescribed doses. Its compound preparations are effective as purgative of relevant malhumours particularly cephalic, stomach and liver. Pulp with honey and turmeric is given in coughs and cold, as well as in glandular swellings. Pulp is applied to painful inflammations of the body and to chronic ulcers. Freshly expressed juice is an almost universal refrigerant application in local inflammations and as cosmetic with other

suitable remedies. In inflammation of the breasts, its tubers ground with turmeric powder and applied locally gives relief. Aloe veragel has been approved as a very effective local treatment for improving skin texture and for successfully treating chronic ulcers (when used as salve).

Compound Preparations

Hab-Tinkar, Hab-Shabyar, Hab-Mudir, Hab-Sibr, Hab-Ayaraj, Kuhl Roshnai, Kushta Bussad, Kushta Khubs al-Hadid, Kuhl Khar Mohra, Kushta Tila Kalan, Kushta Gaodanti, Ma'jun Talkh, Halwa-i-Ghaikwar.

Dosage

125 to 500 mg.

Corrigent

Cochlospermum religiosum(L.) Alston. (Katira).

Tenedium

Operculina turpethum(L.) Manso. (Turbad).

Comments

Applied as vaginal suppository it may act as abortive. As it may cause intestinal irritation, thus referred as harmful when used in piles. To correct its griping effects confection of roses and mastich is added. Also regarded as antiaging.

Alpinia galanga Willd.

Family: **Zingiberaceae Scitaminae**
Arabic Name(s): Kholanjan
Urdu Name(s): Khulanjan, Khalanjan, Kalijan
English Name(s): Galangal, Java Galangal

Parts Used

Rhizomes.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aromatic stimulant, stomachic, carminative, sialagogue, masticatory, antituberculous. The drug has a slight irritant action on the mucus membrane of the stomach and produces a reflex increase in bronchial secretion.

Specific Action

Pectoral (especially in tuberculous conditions) and cardiacal.

Medicinal Uses

Galangal being effective against phlegmatic and atrabilious affections included in cardiac tonic, liver and stomach tonic preparations. As a sialagogue and to alleviate stammering it is applied over the tongue or prescribed as masticatory. As expectorant and antiphlegmatic recommended largely in asthma, bronchitis, bronchial catarrh, whooping cough and phlegmatic hoarseness. In incontinence of urine, and kidney pain of cold (humoural predominance) origin it is also administered. As aphrodisiac included in electuaries (ma'jun) and powders (prescribed for the purpose) especially to the old-age persons. In children it has more benefit in pectoral affections. Therefore as linctus along with honey, betel root and glycyrrhiza it is considered of significance in such complaints. Literature reveals that as masticatory, it removes disagreeable (foul) smell in mouth as well as it finds extensive use by singers in addition to glycyrrhiza.

Compound Preparations

Hab Jadwar, Jawarish Ood Shirin, Arq Pan, Laooq Surfah, Lubub Mo'tadil, Ma'jun Chob-Chini, Ma'jun Khadar, Jawarish Jalinus, Ma'jun Samagh, Ma'jun Muqawwi wa Mumsik, Ma'jun Sa'leb.

Dosage

2-3 g

Corrigent

Cochlospermum religiosum (L.) Alston,Santalum album Linn.,Bambusa arundinaceaRetz. and Pimpinella anisum Linn.

Tenedium

Kababe Khandan(Zanthoxylatum armatum DC.).

Comments

Large doses or long-term use has harmful effect of desensitizing the respiratory centres and in general may adversely affect the cardiovascular system. Large doses may arrest urination temporarily.

Althaea officinalis Linn.

Family: **Malvaceae**
Arabic Name(s): Khatmi, Khatmitah
Urdu Name(s): Khatmi, Gul Khairo
English Name(s): Marsh Mallow

Parts Used

Root, seeds and flowers.

Quality/Temperament

Warm, inclined towards balanced temperament.

Functions and Properties (Pharmacological Actions)

Emollient, demulcent, suppurative, expectorant, mucilaginous, repercussive. Reduces inflammation and irritation of the respiratory and gastro-intestinal tract as well as of the urinary passages. Its action is referred as mechanical in as much as it forms a soft smooth covering over the inflamed or irritated parts with which it comes in contact and thus protects them from friction, and allows the process of repair to go on undisturbed.

Specific Action

Suppurative, repercussive, emollient, expectorant.

Medicinal Uses

Marsh Mallow is recommended as an expectorant for cough and to relieve pharynx and chest congestion. Infusion of the flowers given in bronchial catarrh and in bronchitis. Roots are used as demulcent in bronchitis and seeds as useful in kidney and bladder troubles. Leaves and flowers are also applied to burns. In bilious diarrhoea, infusion of the root is of utmost use. Due to its repercussive and resolvent actions, prescribed in sciatica, rheumatism, pleurisy, pneumonia and chest congestion, and in catarrhs of pectoral (infectious or environmental origin) or cephalic regions, as suppurative and expectorant in (the condition of flu, nasal catarrh, headache, indigestion, etc.) it acts as decongestant, and emollient.

Compound Preparations

Laooq Sapistan, Joshanda, Banadiq-al-Bazur, Dawai Aab Zan, Matbokh Nazla, Joshina, Sherbet Ustukhudus, Laooq Mo'tadil, Laooq Nazla, Marham Dakhliyun.

Dosage

5 g.

Corrigent

Honey and fennel (Foeniculum vulgareMill.).

Tenedium

Khubazi(Malva sylvestrisLinn.)

Comments

Long-term use or large doses may cause some harm to stomach due to its collection/resolution of turbid matter

(malhumours) from pectoral region and expectoration through the digestive tract.

Amomum subulatum Roxb.

Family: **Zingiberaceae / Scitaminae**
Arabic Name(s): Tin-fil, Goz shashark
Urdu Name(s): Ilaichi Kalan, Qaqla Kabar, Phuta Wada
English Name(s): Greater Cardamom

Parts Used

Fruit.

Quality/Temperament

Warm in first order and dry in third order.

Functions and Properties (Pharmacological Actions)

Included in the list of recognized spices, it has aromatic, stimulant, carminative, astringent, exhilarant, appetitive and diuretic actions. It is helpful in elimination of bile and useful against congestion of the liver. Reduces inflammations and helps allay irritation in stomach. It is frequently used as an adjunct to other stimulants, bitters and purgatives.

Specific Action

Carminative, appetite stimulant.

Medicinal Uses

In the preparation of decoction to stop profuse diarrhoea, 2-3 numbers, whole fruits of cardamom (unopened) are used along with other suitable digestants and astringents (fennel, mint, cinnamon and lesser cardamom). Paste of the fruit cover applied on forehead to alleviate the headache. Decoction of the seeds is useful as gargle in affections of teeth and gums. It is used as diuretic in cases of kidney gravels. Being stomachic seeds are also useful in neuralgia and gonorrhoea. Oil from seeds is aromatic, stimulant and stomachic, applied to eyelids to allay inflammations. Also used in combination with other common compound medications to stimulate appetite, to flavour curries and rice as well as to increase digestive capability of heavy foods.

Compound Preparations

Jawarish Anarain, Dawai Mazmaza, Arq Ilaichi, Arq Gazar Ambari, Ma'jun Zanjbil, Naushdaroo-Sada, Arq Amber.

Dosage

500 mg. to 1 g., (2-4 gm approximately in compounds).

Corrigent

Qand (Sugar candy) when used for lungs, Katira (Cochlospermum religiosum(L.) Alston) when used for intestines.

Tenedium

Elettaria cardamomum(L.) Maton (1_1_/_2_ weight); Pipercubeba Linn. in equal weight.

Comments

It has been mentioned as harmful for intestines in large doses.

Anacardium occidentale Linn.

Family: **Anacardiaceae**
Arabic Name(s): Baladur
Urdu Name(s): Kaju, Badam Farangi(Persian), Kaja, Kaju
English Name(s): Cashew nut

Parts Used

Nut.

Quality/Temperament

Warm and moist in first order.

Functions and Properties (Pharmacological Actions)

Nutritive, tasty, dried fruit, tonic and fattening, semmenagogue, improves retentive faculty of brain, oil is used locally which has irritant, vesicant, alterative, astringent, counter-irritant properties.

Specific Action

Nutritive, oil is local irritant, rubefacient.

Medicinal Uses

The seed kernel of cashew nut fried and eaten is useful nutritive tonic, fattening and improves the retentive faculty of brain when taken with honey. This practice is effective in preventing amnesia. Cashew oil is regarded as effective anaesthetic in leprosy, psoriasis, blister and warts as well as corns and ulcers and in chronic skin ailments. The oil is good antidote against irritant poisons produced due to insect bites and good vehicle for liniments and other external preparations.

Eating roasted kernels as delicious dry fruit is considered useful sexual and general tonic and relieve sexual debility as

well as spermatorrhoea. Excessive use or large quantity is considered harmful for individuals with warm temperament.

Compound Preparations

Halwa Badam, Halwa Kaju.

Dosage

2 g., may be more.

Corrigent

Sugar (candy) and common salt, as well as roasting the nuts with common salt.

Tenedium

Walnuts (Juglans regiaLinn.) and Almonds (kernel) (Prunus amygdalus Batch.).

Comments

Cashew nuts are good substitute for almonds but not for edible purpose.

Ananas comosus Meer.

Family: **Bromeliaceae**
Arabic Name(s): Ainonas
Urdu Name(s): Anannas, Ainunnas
English Name(s): Pine apple

Parts Used

Fruit.

Quality/Temperament

Cold and moist in second order.

Functions and Properties (Pharmacological Actions)

Exhilarant, nutritious, cardiac tonic, antibilious (sedative against biliousness), diuretic and emmenagogue.

Specific Action

Exhilarant, diuretic and emmenagogue (corrective for the dysfunction of menstrual cycle).

Medicinal Uses

Pine apple is a delicious fruit, eaten like other fruits to promote health. Useful as febrifuge, exhilarant tonic, effective against palpitation of warm origin. Due to its diuretic effect, it clears the kidneys and bladder of obstructions. Syrup made of Pine apple as well as preserve is useful as cardiac tonic and exhilarant and used as lithontriptic and for

commencing the menses. As effective sedative and febrifuge against biliousness due to warmness in liver, thus also prescribed in jaundice and palpitation. When used as raw in sugar candy, prove useful for strengthening the gums.

Compound Preparations

Sherbet Anannas, Arq Ananas, Murabba-i-Ananas.

Dosage

Juice 25 ml. to 60 ml.; Sherbet (syrup) 25 ml. to 50 ml.

Corrigent

Washing it thoroughly, keeping in water for some hours, adding sugar or citrus juice.

Tenedium

Quince (Pyrus cydoniaLinn.) and apple (Pyrus malusLinn.).

Comments

Unripe fruit consumption in large quantity is abortive. Ripe sweet fruit contains appreciable quantities of vitamin C, therefore may act as antiscorbutic.

Andrographis paniculata Nees.

Family: **Acanthaceae**
Arabic Name(s): Andrografis, Kariyaat
Urdu Name(s): Kariyaat, Kalmegh, Mahatita
English Name(s): The Creat

Parts Used

Whole herb, leaves and root.

Quality/Temperament

Warm and dry in second order, it tastes bitter.

Functions and Properties (Pharmacological Actions)

Stomachic tonic, alterative, anthelmintic, antidysenteric, febrifuge, cholagogue and anticoagulant. Root and leaves stomachic tonic, antipyretic, anthelmintic, febrifuge, cholagogue, hepatoprotective.

Specific Action

Antiperiodic, alterative, antipyretic, anthelmintic, hepatoprotective.

Medicinal Uses

Expressed juices of leaves of Creat brings useful results in sluggish liver and dyspepsia associated with gaseous distention of the bowels, in general debility, in

convalescence after fevers and in advanced stages of dysentery. Tincture is referred as useful against intermittent and remittent fevers especially when combined with detoxified arsenic, it is also effective as tonic, stimulant and gently aperient. Green leaves with anise seeds are useful stomachic tonic and anthelmintic. Juice of leaves with cardamoms, cloves and cinnamon form useful domestic remedy in griping, irregular stools, loss of appetite, flatulence, diarrhoea, and as anthelmintic. Used as alterative, antiperiodic and hepatoprotective in traditional formulations.

Compound Preparations

Safi, Livergen.

Dosage

Liquid extract of herb approximately 5 ml. (with Ammonium chloride). Decoction or infusion of green leaves (not more than 10 Nos.).

Corrigent

Pimpinella anisumLinn. (Anisun), Pistacia integerrimaStew ex Brandis (gum, Kakra-singhi).

Tenedium

Swertia chirataBuch & Ham. (Chirayita), Fumaria indica Pugsley / F. parvifloraLam. (Shahtara).

Comments

In market, and in published Oriental literature it is mixed with Chirayita sometimes. Once it had been considered as substitute for Quinine and its preparation was available as liquid extract of Kalmegh. In Bengal (around 1700-1800 A.D.) a domestic remedy (Alui) is reported which was administered to infants.

Anethum graveolens Linn.

Syn.: Peucedanum graveolens (L.) Benth.
Family: **Umbelliferae / Apiaceae**
Arabic Name(s): Bazr Kharefs, Shabbat
Urdu Name(s): Soya, Shabbat, Soye, Soa
English Name(s): Dill

Parts Used

Seeds and fruits.

Quality/Temperament

Warm in second order, dry in the first.

Functions and Properties (Pharmacological Actions)

Aromatic carminative, stimulant, digestive, febrifuge, diuretic, resolvent, emmenagogue, galactagogue, sialagogue.

Specific Action

Carminative, resolvent (of the first order - maturative), diuretic, emmenagogue.

Medicinal Uses

The seeds and fruits of dill are much used in flatulence, hiccough, colic and abdominal pains in children and adults. Useful in checking diarrhoea, in diminishing the griping of purgatives. Seeds bruised and boiled in water and mixed with roots are externally applied with considerable benefit in rheumatic and other swellings of the joints. Among subcontinent drugs dill keeps a prominent place as a condiment and stomachic medicine especially in the ailments of children and women.

Compound Preparations

Jawarish Zar'uni, Ghutti, Jawarish Zar'uni Sada, Jawarish Zar'uni Ambari Ba Nuskha Kalan, Lubub al- Asrar, Ma'jun Raig Mahi, Ma'jun Sohag Sonth, Ma'jun Murawweh ul-Arwah, Ma'jun Nankhwah Mushki.

Dosage

7 g. approximately.

Corrigent

Sikanjbin(lemon Juice preparation), cloves, cinnamon, honey.

Tenedium

Anethum sowaKurz. (Soya) is also used which is rather cultivated.

Comments

Long-term use in people with warm temperament may cause debilitating effects on sexual, optic, renal and cephalic organs.

Apium graveolens Linn.

Family:	**Umbelliferae / Apiaceae**
Arabic Name(s):	Krafs
Urdu Name(s):	Krafs, Krafs rumi, Ajmud, Ajmoda, Fatrasaliyun Waljan
English Name(s):	Celery/Wild Celery

Parts Used

Seeds.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Carminative, deobstruent, diaphoretic, appetitive, antiphlegmatic, lithontriptic, diuretic, emmenagogue, ecbolic, anthelmintic.

Specific Action

Antiphlegmatic (useful in phlegmatic disorders) and disorders of cold origin.

Medicinal Uses

Seeds of celery have a hot, sharp taste and pungent aroma, administered in amenorrhoea, urinary discharges, fever with cough, rheumatism, chest pains and inflammations, effective in nasal catarrh and anasarca. These are also given as carminative, stimulant and cordial. As antispasmodic prescribed in bronchitis, asthma, and to some extent for liver obstructions, intestinal debility and spleen disorders. To get rid of kidney and bladder obstructions, fat deposition and stones it is administered with other suitable articles. Though not a drug competitive with Dolichos biflorusLinn. (Kulthi) however serves the purpose in prescribed doses for recommended duration. Being a warm temperamental herbal product the seeds are used as ecbolic (abortive) for foetus and placenta. Regarded as non-toxic ecbolic by traditional physicians. Oil from seeds is used for all the above mentioned purposes. Suppository well dipped in oil and kept into the vaginal canal (a bit deeper) is said to cause abortion.

Compound Preparations

Jawarish Filafali, Ma'jun Krafs, Tiryaq-i-Masana, Jawarish Filafali, Roghan Kalan, Safuf Qinnab, Safuf Namak Sulaimani, Sherbet Bazuri Har, Sherbet Kaknaj, Ma'jun Murraweh ul-Arwah, Muffareh Kabir.

Dosage

Seeds 3-5 g., root 5-7 g.

Corrigent

Pimpinella anisumLinn. and Pistacia lentiscusStew. ex Brandis, Adiantum capillus-venerisLinn.

Tenedium

Afsantin(Artemisia absinthiumLinn.), Persiaoshan(Adiantum spp.).

Comments

For pregnant women (where it may cause abortion), individuals with warm temperament and for those suffering from epilepsy, it is described as harmful.

Aquilaria agallocha Roxb.

Family: **Thymelaceae**
Arabic Name(s): Akuleri, `Ood
Urdu Name(s): `Ood, Agar, Agar-batti
English Name(s): Eagle wood

Parts Used

Wood and bark.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Externally applied as aromatic stimulant, fumigation, as anodyne, internally cholagogue, deobstruent, particularly carminative and nervine tonic.

Specific Action

Aromatic, stimulant, nervine tonic (and aphrodisiac).

Medicinal Uses

The wood and bark of Agaris externally used in rheumatism and gout and as fumigation to relieve pains, as chief ingredient in incense sticks. With other herbs as useful carminative and to check vomiting. Applied to the chest in bronchitis with other hot and dry ingredients, and to head for relieving the headache.

Also applied as fumigation to relieve pain in surgical wounds and ulcers. Being a reputed cholagogue and deobstruent, it is an effective nerve tonic, reduces tension and helps alleviation of seminal weakness and uterine disorders (especially leucorrhoea).

Compound Preparations

Jawarish Jalinus, Jawarish `Ood Shirin, Khamira Abresham, Ma'jun Izaraqi, Ma'jun Brahmi, Ma'jun Raig Mahi, Ma'jun Seer Alvi Khan, Ma'jun Nankhwah Mushki, Arq Amber, Hab-e-Amber Momiyaie, Hab-e-Jawahir, Jawarish Ood Mulayyin,

Jawarish Zaruni Ambari Ba Nuskha Kalan, Hab Jawahar, Khamira Abresham Ood Mastagiwala, Dawaul Misk Mo'tadil Sada, Safuf Shirin, Arq Maul Laham Ambari Ba Nuskha Kalan.

Dosage

2 to 4 g. (approximately).

Corrigent

Kafur(Cinamomum camphoraNees & Eberm.), Gulab(Rosa damascena Mill.).

Tenedium

Dar-Chini,(Cinnamomum cassia Ness.),C. zeylanicum Breyn., Caryophyllus aromaticus Linn.(Laong),Crocus sativusLinn. (Zafran).

Comments

Excessive use for long duration may cause harm (generally) to the canals, ducts, tubes and vessels.

Areca catechu Linn.

Family: **Palmae**
Arabic Name(s): Fofil Mufawwar, Fofil Khasab
Urdu Name(s): Supari, Chaliya, Fofil
English Name(s): Betel Nut

Parts Used

Nut.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Astringent, stimulant, sialagogue, masticatory, remove bad taste from mouth, sweeten breath, anthelmintic, emmenagogue, repercussive, resolvent of inflammations (of warm-origin).

Stimulant for the peristaltic movement of the intestines and bowels, produces a marked constriction of the bronchial muscles (generally acts an hour after administration).

Specific Action

Astringent, anthelmintic and repercussive (especially for inflammations of warm-origin).

Medicinal Uses

The Betel nuts are recommended largely against tapeworms and roundworms, especially in veterinary practice, given in case of diarrhoea and dysentery. The nuts are also considered digestive, emmenagogue, and as astringent lotion for eyes causing dilatation of pupil, applied to bleeding gums, to strengthen teeth, to ulcers, and for urinary discharges, particularly useful for arresting watery discharges from vagina and also as useful in pyrosis of pregnancy. Chief use of betel nut in the Orient is as breath-sweatening masticatory enjoyed by people from centuries and use in Pan. In conjunctivitis and epiphora the nut is made into ash, made more fine and applied as collyrium gives relief.

Compound Preparations

Ma'jun Supari, Hab Hamal, Hab Limun, Sunun Poast Mughilan, Ma'jun Kalan, Ma'jun Mochrus, Ma'jun Nishara-i-Aajwali.

Dosage

3 to 5 g. (powdered or dried into ash).

Corrigent

Katira (Cochlospermum religiosum(L.) Alston, Lime, Ilaichi Khurd (Elettaria cardamomum(L.) Maton.

Tenedium

Sandal Surkh(Pterocarpus santalinusLinn.).

Comments

As large as 30 grams of betel nut is practically reported to be non-toxic, however fresh-nut which is commonly not used in medicines is somewhat intoxicating and may produce giddiness in some individuals. Regarded as causing roughness in the pectoral region and may become a cause of kidney and bladder stones.

Aristolochia bracteolata Lamk.

Syn.: Aristolochia bracteata Retz.

Aristolochia indica Linn.

Family: **Aristolochiaceae**
Arabic Name(s): Zarawand
Urdu Name(s): Zarawand, Isharmul
English Name(s): Aristolochia, Birthwort

Parts Used

Root.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Diuretic and emmenagogue, resolvent, calorific, expectorant, purgative of phlegm, anthelmintic, detersive, vulnerary (especially useful for healing the wounds), abortifacient, alterative.

Specific Action

Aristolochia bracteataRetz. and A. indica Linn.,A. longaLinn. as emmenagogue and abortifacient, A. rotundaLinn. as purgative of phlegm.

Medicinal Uses

Every part of the plant is regarded as bitter. An infusion prepared from about 4 grams root is effective emmenagogue and anthelmintic. To relieve uterine tension and to remove remnants of the dead foetus given as abortive. Applied as antiseptic on chronic ulcers and putrefied wounds mixed with Iris root and honey, it acts as vulnerary. Powdered root in recommended doses increases the contraction of uterus during labour and may be used as a substitute of ergot for this purpose. With castor oil given in colic, amenorrhoea, dysmenorrhoea, painful labour of long duration, periodic fevers and worms. Keeps the chest clear of extra phlegmatic matter and included in cough linctus preparations prescribed for productive cough, asthma and in persistent cough of aging individuals. In chronic phlegmatic and nervous disorders like nervous exhaustion, spasmodic congestion, cramps and convulsions, epilepsy and tetanus it proves highly useful. It is a useful application in embrocations for improving facial complexion, for killing lice in suitable oil and in skin affections which are due to excessive phlegm or atrabile. Large doses bring abortifacient and ecbolic effects.

Compound Preparations

Ma'jun Filasfa, Dabidul ward, Marham Quba, Anqaruya-i-Kabir (A. rotunda), Hab Seen, Marham Ushaq, Marham Rusul, Ma'jun Baladur, Ma'jun Murrawwehul-Arwah.

Dosage

3 g.

Corrigent

Honey, Piper nigrumLinn. (and Sikanjbin).

Tenedium

Aristolochia rotundaLinn.

Comments

Under general name Zarawand(A. bracteolata) other species have also been described: Aristolochia bracteataRetz. (Zarawand) (i.e. Birth wort) especially useful as anthelmintic. Aristolochia indica Linn. (Zarawand- Hindi/or Indian Birth wort/Isharmul). Aristolochia longaLinn. (Zarawand-Tawil). Aristolochia rotundaLinn. (Zarwand-Gard/Zarwand Mudharaj). Aristolochia punjabensisLace (Ghore Sum). Large doses of the roots exert ecbolic effects. Generally the genus Aristolochia at one hand possess hepatotoxic activity whereas on the other it is referred as being antiseptic, antitumour and bactericide.

Artemisia absinthium Linn.

Syn.: A. vulgaris Linn.
Family: **Compositae / Asteraceae**
Arabic Name(s): Afsantin, Soranbat, Masmiqar
Urdu Name(s): Afsantin, Khatraq, Saryala, Tarkh
English Name(s): Absinthium, Common Wormwood

Parts Used

Dried herb, leaves and flowering tops, volatile (essential) oil.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Resolvent, deobstruent, diuretic, brain and liver tonic, antiperiodic, vermicide. The herb possesses febrifuge, stomachic, diaphoretic, antiseptic and slightly narcotic properties. It is a good aromatic bitter stomachic tonic, increase appetite and promotes digestion. It has a remarkably tonic influence upon the brain, especially upon its higher faculties concerned with physical functions.

Specific Action

Antiperiodic, anti-inflammatory (resolvent), tonic for major organs.

Medicinal Uses

The herb is used in dyspepsia, hysteria, spasmodic affections (such as epilepsy), in nervous irritability, gastric, nervous depression, mental exhaustion, and intermittent fevers. In liver and spleen inflammations, debility of digestive system, and as anthelmintic. An effective diuretic causes perspiration, decoction is effectively used against menstrual

disturbances. Also used in epilepsy, headaches and migraine, paralysis, facial paralysis, nervous disorders and piles. In suitable combination made as paste and applied over the corresponding area of abdomen to reduce liver and spleen inflammation. Traditionally it has been used in different cultures to avoid insect attack in clothes.

Compound Preparations

Hab Afsantin, Itrifal Deedan, Roghan Afsantin, Roghan Kalan, Sherbet Afsantin.

Dosage

250 mg. - 2 g.

Corrigent

Sherbet Anar (Punica granatumLinn.), Anisun(Pimpinella acuminata (Edgew) Clarke, Pistacia lentiscusLinn. (Mastagi).

Tenedium

Valeriana hardwickiiWall (in potency) and Delphinum zalilAit. & Hemsel (Ghafith) in diarrhoea, Artemisia maritimaLinn.

Comments

Habitual use or large doses may cause absinthism shown by restlessness, vomiting, vertigo, tremors and convulsions.

Asparagus officinalis Linn.

Family:	**Liliaceae**
Arabic Name(s):	Halyun, Pimalok
Urdu Name(s):	Halyun, Marchobah, Haliyon, Bhachhar, Bhatun
English Name(s):	Asparagus

Parts Used

Seed and root, leaves, flower tops and whole herb.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Expectorant (of phlegm), appetite stimulant, diuretic and emmenagogue, anthelmintic, abortive (for dead foetus), aphrodisiac, rubefacient and resolvent.

Specific Action

Expectorant, appetite stimulant and aphrodisiac.

Medicinal Uses

Generally the drug is a mild aperient, demulcent, tonic, aphrodisiac, diuretic and sedative. Green leaves are made

into fresh infusion and taken with the meal. Given in flatulence, calculus affections, dropsy, rheumatism and chronic gout. In recommended doses combined with potassium bromide, given in cardiac dropsy and gout. Water in which it has been boiled though disagreeable, is good for rheumatism. Its infusion (whole plant) is regarded as good mild stomach tonic, deobstruent, and antispasmodic, prescribed in infusion and as electuary in cases of obstructed menses and hysteria. Infusion is given as tonic to children, a strong decoction is a vermifuge and weak decoction useful for children in measles. Boiled leaves used as poultice in headache, dried and cut into small fragments they are used to cauterize wounds. Leaves are also employed as carminative. Infusion of leaves is useful emmenagogue. `Moxa' (counter-irritation or cauterization method) are obtained from green leaves for application in local skin disorders from itch to sterility, it is considered to prove highly effective. Externally used as fomentation for skin ailments foul ulcers and as alterative. Expressed juice applied on head to prevent convulsions in children. Leaves and tops are administered in nervous and spasmodic affections connected with debility, in asthma, cough and brain disorders. Seeds are used as aphrodisiac.

Compound Preparations

Lubub Kabir, Lubub Saghir, Jawarish Zar'uni Ambari Ba Nuskha Kalan, Lubul al-Asrar, Ma'jun Sa'lab, Ma'jun Sang-i-Sar-i-Mahi, Ma'jun Murraweh ul-Arwah, Muffareh Kabir.

Dosage

3-5 g.

Corrigent

Sugar and seed kernel of nutritive cucurbits.

Tenedium

(Mustard)Brassicaspp.

Comments

The extract sometime reported to stimulate kidneys and imparts a strong smell to the urine.

Asparagus adscendensRoxb.

Family:	**Liliaceae**
Arabic Name(s):	Shaqaqul Masri
Urdu Name(s):	Safaid Musli, Shaqaqul, Shaqaqul Misri, Gazar-Dashti
English Name(s):	Garden Asparagus

Parts Used

Roots and leaves.

Quality/Temperament

Warm and moist in second order.

Functions and Properties (Pharmacological Actions)

Mucilaginous, demulcent, antidiarrhoeal, antidysenteric, antispasmodic, refrigerant, nutritive tonic, galactagogue, aphrodisiac, diuretic (and nematicide).

Specific Action

Aphrodisiac (increases the viscosity of semen due to its mucilaginous property and demulcent activity).

Medicinal Uses

Safaid Musliis generally used in genito-urinary complaints such as seminal weakness, impotence, spermatorrhoea, and leucorrhoea. Commonly prescribed in gastrointestinal disorders like bilious dyspepsia, flatulence, diarrhoea, dysentery. A medicated oil is used in rheumatism, diseases of the joints, stiff-neck, hemiplegia, and other nervous complaints. Another such oil or paste prepared from the juice of Asparagus, Sesamum oil, lac decoction, whey and milk is useful application against chronic gonorrhoea and other ailments of the urinary organs when applied on the pubic region. Juice of the root taken with milk is also useful in gonorrhoea. The root is boiled in milk and the milk is administered to relieve bilious dyspepsia and diarrhoea and to promote appetite. The healthy and more white root is good for use and its quality is said to be retained for four years.

Compound Preparations

Lubub Kabir, Jawarish Zar`uni Ambari Ba Nuskha Kalan, Hab Amber Momiyaie, Halwai-Badam, Arq Maul Lahm Ambari Ba Nuskha Kalan, Ma'jun Piyaz, Ma'jun Sa'lab, Ma'jun Khadar, Ma'jun Ruh al- Mominin, Hab Asgand, Halwai-Supari Pak, Halwai Ghaikwar, Ma'jun Zanjbil, Ma'jun Shir Bargadhwali, Ma'jun Musli Pak, Ma'jun Mochrus.

Dosage

3-5 g. (approximately).

Corrigent

Honey.

Tenedium

Bozidan(Tenacetum umbelliferumBoiss.), Chilghuzah(Pinus gerardianaWall.).

Comments

Lessens appetite, may cause headache, the root bark is regarded as poisonous and is never advised to be taken with the root, however the (decorticated) root is nutritive, candied, dried and taken as sweet meat.

Asparagus racemosus Willd.

Family: **Liliaceae**
Arabic Name(s): Satawar
Urdu Name(s): Satawar, Satawari
English Name(s): Asparagus

Parts Used

Root.

Quality/Temperament

Cold and moist in first order. (1) Balanced in warmness and cold, moist in the first order. (2) Warm in first order, moist in second order (with Rutubat Fazliyyah). (3) Cold and moist.

Functions and Properties (Pharmacological Actions)

Glutinous (mucilaginous), demulcent, antidiarrhoeal, antidysenteric, antispasmodic, refrigerant, diuretic, nutritive tonic, lactagogue, aphrodisiac (and nematicide).

Specific Action

Aphrodisiac (increases viscosity of the semen).

Medicinal Uses

Asparagus is generally used in genito-urinary complaints such as seminal weakness, impotence, spermatorrhoea, and leucorrhoea. Commonly prescribed in gastrointestinal disorders like bilious dyspepsia, flatulence, diarrhoea, and dysentery. Also used in pulmonary complaints. A medicated oil is used in rheumatism, diseases of the joints, stiff-neck, hemiplegia, and other nervous complaints. Another such oil or paste prepared from the juice of Asparagusin sesamum oil, lac decoction, whey and milk is a useful application against chronic gonorrhoea and other ailments of urinary organs when applied on the pubic region. Juice of the root taken with milk is also useful in gonorrhoea. The root is boiled in milk and the milk is administered to relieve bilious dyspepsia and diarrhoea and to promote appetite. Healthy and more white root is good for use and its quality is said to be retained for four years. A preserve (muraabba) is also made which is used as tonic and aphrodisiac.

Compound Preparations

Safuf Sailan ar-Rehm, Safuf Saalab, Arq Amber, Hab-Jalinus, Lubub-Kabir, Ma'jun Piyaz, Ma'jun Khadar, Hab-e-Amber Momiyaie, Ma'jun Ruh al-Mominin, Ma'jun Shir Bargadh Wali, Ma'jun Mobahee Antaki, Ma'jun Murawweh ul-Arwah, Ma'jun Muqawwi wa-Mumsik, Itrifal Fauladi, Hab-Asgand, Halwai-Supari Pak, Halwai-Ghaikwar.

Dosage

3-5 g. (approximately) / 7-12 g. (approximately).

Corrigent

Honey.

Tenedium

Bozidan(Tenacetum umbelliferumBoiss.), Hab-e-Sanobar(Pinus roxburghiiSargent).

Comments

The root bark is poisonous and is never advised to be taken with the root. However, the root is nutritive (candied, dried and taken as sweet meat) and has no known side effects in recommended doses.

Astragalus strobiliferus Royle
Astragalus diopogon Bunge

Family:	**Papilionaceae**
Arabic Name(s):	Ghazorat, Anjdak, Anjira, Kadru
Urdu Name(s):	Anzrot, Lai, Gowan, Gaon
English Name(s):	Sarcocol; (Tragacanth)

Parts Used

Gum.

Quality/Temperament

Warm and dry in second order/warm in fourth order, dry in first.

Functions and Properties (Pharmacological Actions)

Antiphlegmatic and laxative (for phlegm), carminative, glutinous, antiseptic, desiccative (for ulcers), resolvent.

Specific Action

Antiseptic and desiccative.

Medicinal Uses

Anzrotis desiccative for exudation from the wounds, thus included in ointments used for drying the wounds and ulcers,

sprinkled over the wick which is dipped in honey and kept in ear heals the ear infections particularly bruise in the ear. With onion it is heated well and the extract obtained is dropped in ear to relieve pain. Useful against conjunctivitis, scar in the eyes, blepheritis etc. for getting rid of rheumatic pains, arthritis and sciatica and to cause purgation particularly of the phlegm, it is extensively administered by the traditional practitioners. For the absorption of abnormal secretions from uterus and for imparting it strength. Good deobstruent and resolvent for the flatus and obstructions in the intestines.

Compound Preparations

Usually applied as single herb (Mufrad).

Dosage

500 mg. to 1 g. (approximately).

Corrigent

Cochlospermum religiosum(L.) Alston (Katira) and almond oil, gum acacia.

Tenedium

Aloes(in resolvent action), starch (as glutinous).

Comments

Described as harmful for intestines particularly for secretions required within the system. Its toxicity has been described (by traditional physicians) as high and may cause abortion in large doses or following long duration use. Other spp. of Astragalusyielding the gum called Anzarutare also utilized.

Atropa acuminata Royle

Syn.:	Atropa belladonna Linn. var minor Dunal., Atropa belladonna (non Linn.) Clarke
Family:	**Solanaceae**
Arabic Name(s):	Angur Shifa
Urdu Name(s):	Luffah, Mako Siyah, `Anab us-S`aalab Siyah, Akohi
English Name(s):	Belladonna

Parts Used

Leaves and root.

Quality/Temperament

Cold and dry in third order.

Functions and Properties (Pharmacological Actions)

Declared as poisonous drug in internal use. Externally antispasmodic, sedative, anodyne, mydriatic, rubefacient,

resolvent of inflammations, suppresses secretion of milk and antidiaphoretic. Internally (under prescription) cardiac tonic, sedative, anodyne, antidiaphoretic, antispasmodic and diuretic.

Specific Action

Externally antispasmodic, anodyne, useful for relieving palpitation and diuretic. Internally antispasmodic, anodyne, anti-inflammatory.

Medicinal Uses

Leaves and roots of Belladonna are used in traditional medicine mostly for external application to relieve pain as sedative and anodyne as well as effective anti-inflammatory. Resolves inflammations and acts as antispasmodic. Therefore applied in rheumatism, gout and all types of nervous pains massaged in oil especially proves effective in anthrax, furuncles and boils, in testes inflammation and pain, to lessen excessive perspiration and secretion of milk when inflammation occurs in breasts, in freckles, naevus and leucoderma applied with suitable drugs for prescribed duration. In pain around the eyes and inflammation as well as to relieve epiphora applied as paste around the eyes and under prescription dropped in the eyes. For relieving spasm and pain in internal organs combined with suitable drugs and administered in recommended doses. In leucorrhoea, its suppository proves useful whereas in nocturnal pollution, whooping cough, to lessen perspiration and in pains of pelvic region, it is effectively administered systemically with other useful drugs. Tender stalks bruised, kept over heat to warm and tied over glandular swellings gives relief, also proves effective in thyroid inflammation.

Compound Preparations

Qars Mussalas, Hab Jadwar, Hab Lub ul-Khashkash.

Dosage

60-125 mg. (approximately).

Corrigent

Sikanjbin(syrup of honey and vinegar in water) and Jawarish Kamuni, Almond oil.

Tenedium

Solanum nigrumLinn. (Mako).

Comments

Berries are poisonous (mostly root is used for medicinal purposes). Though Belladonna is a useful antidote in poisoning by opium, muscarine etc. However it causes

dilatation of the pupil of the eyes. It may cause toxicity and exhibit adverse drug reactions.

Bambusa arundinacea Retz.
Bambusa bambos (L.) Voss. ex Vilm.

Syn.: Arundo bambos L.
Bambusa arundinacea (Retz.) Willd.

Dendrocalamus strictus (Roxb.) Nees

Syn.: Bambos stricta Roxb.
Family: **Gramineae / Poaceae**
Arabic Name(s): Tabashir, Khamirit Bira
Urdu Name(s): Tabashir, Banslochan, Bans, Banj, Tabasheer
English Name(s): Bamboo Manna

Parts Used

Manna, young leaves and shoots (rarely).

Quality/Temperament

Cold and dry in first order.

Functions and Properties (Pharmacological Actions)

The Bamboo Manna (Tabasheer/Banslochan) has emmenagogue, anthelmintic, stimulant, astringent, refrigerant, tonic, antispasmodic and aphrodisiac attributes. Combined with some other suitable ingredients it can also exert styptic, antidiarrhoeal and useful desiccative activities.

Specific Action

Refrigerant, astringent.

Medicinal Uses

Manna promotes appetite and digestion and is beneficial against thread worms, chronic diarrhoea and dysentery. Administered to encourage the free discharge of menses or lochia after delivery. It is given in chest complaints such as tuberculosis, bronchitis, cough and asthma. Used with other medicines for the treatment of paralysis, fevers of warm tendency (or origin), phthisis and irritation in or ulcers of the stomach. It is helpful in relieving thirst and due to its astringent and desiccative action stops spermatorrhoea, bloody discharge from the piles, bilious vomiting and diarrhoea and allays palpitation. With other drugs useful in aphthous mouth. Applied in skin diseases such as leucoderma, leprosy and ringworm.

Young leaves in the form of decoction combined with some aromatic substances have also been used as emmenagogue. Root is given in eruptive affections, whereas tender shoots are taken like asparagus. Being astringent (manna) proves beneficial in tooth powders (for strengthening the gums).

Compound Preparations

Hab Tabashir, Dawaul Misk Mo'tadil Jawahardar, Zarur-e-Mujaffif, Jawarish Tabashir, Hab-e-Amber Momiyaie, Safuf Lodh, Safuf Longa, Arq Amber, Ma'jun Mochrus, Mufarreh Azam, Jawarish Ood Mulayyin, Jawahar Mohra, Mufarreh Barid Jawahar wali, Safuf Sat Gilo, Itrifal Zamani, Halwai Supari Pak, Mufarreh Barid Sada.

Dosage

1 to 3 g. (approximately).

Corrigent

Honey, Pistacia terebenthus var.mutica Aitch, Zizyphus jujuba Mill.,Aloespp. and Crocus sativusLinn.

Tenedium

Portulacca oleraceaLinn. (Tukhm-e-Khurfa) and Rhus succedaneaLinn. (Kakra-Singi).

Comments

Never to be administered in infusion or decoction. Prolonged use or large quantities are harmful to the functional capabilities of lungs.

Benincasa hispida (Thunb.) Cogn.

Syn.:	Curcurbita hispida Thunb., Benincasa cerifera Savi.
Family:	**Curcurbitaceae**
Arabic Name(s):	Mohiddabah
Urdu Name(s):	Petha, Kaddu-e-Roomi, Kachnar Kohli
English Name(s):	White Pumpkin

Parts Used

Fruit and seeds.

Quality/Temperament

Cold and moist in first order/cold in first order, moist in second.

Functions and Properties (Pharmacological Actions)

Exhilarant and tonic for body, febrifuge, alterative, vermifuge, diuretic, cooling and restorative, antibilious and active against blood heat (and high blood pressure).

Specific Action

Exhilarant, antibilious and useful against blood heat.

Medicinal Uses

Sweets and sweet dishes prepared from the fruit of pumpkin is eaten as nutritive, restorative and as dessert. Confection prepared with other useful restorative ingredients is administered in prescribed doses in haemoptysis, phthisis, cough and asthma, ulcers in the legs, hoarseness etc. Fruit made into preserve is administered in piles and dyspepsia as antibilious, tonic and as exhilarant for heart and brain. It relieves the blood heat brings cooling sensation in the body and quenches thirst. Also relieves urinary irritation and burning sensation while urine is passed. In dry cough, tuberculosis and phthisis its extract, compound preparations and curry without peppers also proves useful. Seeds are useful against taenia (infection) and as refrigerant tonic in certain febrifuge preparations.

Compound Preparations

Ma'jun Hamal Anbari, Murabba-i-Pitha.

Dosage

As vegetable as sweet dish, seed kernels 5-7 g. (approximately).

Corrigent

Foeniculum vulgareMill. (Gaertn.), Piper nigrumLinn. and common salt.

Tenedium

Lagenaria siceraria Standl. (Mitha-Kaddu).

Comments

Described as harmful for individuals with phlegmatic temperament.

Berberis aristata DC.
B. lycium Royle
B. asiatica Roxb.
B. vulgaris Linn.>

Family: **Berberidaceae**
Arabic Name(s): Hazaz, Aqdit Rih, Sagraitil-Hawa
Urdu Name(s): Rasaut, Zarishk, Amber Baris, Darhald
English Name(s): Berberry

Parts Used

Fruit, bark, flower.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Antibilious, cholagogue, antiperiodic, alterative, febrifuge, stomachic tonic, emollient. As diaphoretic and antiperiodic almost equal to quinine (and cinchona). Berberine found in various species of Berberis is known to be effective in amoebiasis and cholera and as anti-infective treatment in diarrhoea.

Specific Action

Alterative, antibilious, febrifuge, antiperiodic, antidiarrhoeal, anti-infective, appetitive.

Medicinal Uses

The most useful part of the plant is root (and stem) from which extract called 'rasaut'is employed frequently as a remedy in ophthalmia and stomach disorders. Herb is a bitter yielding berberine and is best administered as febrifuge against bilious fevers, promoting digestion and acting as an aperient. It is particularly useful against ague and remittent fevers. Tincture is valuable in periodic neuralgia, in enlargement of liver and spleen and is recommended in fevers accompanied by bilious symptoms and diarrhoea. Rasaut(with honey) is effective in treating the oriental sores, bleeding piles, as wash for piles and in jaundice. It is also beneficial in chronic syphilitic and scrofulous cachexia, in chronic skin diseases, especially of scaly-type and in convalescence from malarial and other fevers. Its frequent repeated doses do not produce depression of the heart or deafness thus in attack of bilious fevers it has advantage over cinchona (and quinine). Fruit (Kashmal) is a common item used in bakery items.

Compound Preparations

Hab Rasaut, Hab Bawasir, Jawarish Zarishk, Dawaul Misk, Jawarish Amla Lului, Jawarish Shahanshahi Ambareen, Masihul Mulkwali, Sherbet Fawakih, Hab Bawasir Khuni, Jawarish Fawakih, Dawaul Misk Har Sada, Safuf Tabashir, Safuf Namak Shaikhur Rais, Qurs Zarishk, Mufarreh Azam, Mufarreh Barid Sada, Mufarreh Dilkusha, Mufarreh Yaquti Mo'tadil, Hab Musaffi Khun, Hab Narkachur, Safuf Habis, Safuf Khas, Zimad Bawasir, Qutur Siyah, Murakkabi.

Dosage

1-2 g.

Corrigent

Sugar and Caryophyllus aromaticusLinn. (Laong).

Tenedium

Aristolochiaspp. (Zarawand) and Santalum albumLinn. (Sandal).

Comments

Berberis aristataDC. is also used. Has been referred as of advantage over cinchona (and quinine) when used as antiperiodic. Regarded as safe article in Greco-Arab Materia Medica because frequent repeated doses do not cause depression or deafness.

Bergenia ciliata (Haw.) Sternb.

Syn.: Saxifraga ciliata Royle.,
Saxifraga ligulata var. ciliata H. & T.

Bergenia himialaica Boiss.

Syn.: Saxifraga ligulata Wall.,
Bergenia ligulata (Wall.) Engler
Family: **Saxifragaceae**
Arabic Name(s): Pakhan, Pekhan
Urdu Name(s): Pakhan Bed, Baanpatrak, Kamarghvel
English Name(s): Bergenia

Parts Used

Root.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Demulcent, cardiac tonic, resolvent of inflammations, deobstruent, diuretic and emmenagogue, ecbolic, lithontriptic, antispasmodic, relieves pain in ribs due to cold humours, antiasthmatic, antiepileptic, acts as antiflatulent with suitable vehicles, antidotary.

Specific Action

Antidotal, ecbolic, strong diuretic, emmenagogue, antimenorrhagic.

Medicinal Uses

The root of Bergenia has been considered to enjoy all the useful attributes of Gentiana root and has been regarded as demulcent and deobstruent, relieves pain in ribs and chest due to excess cold or excessive cold humours, acts as

effective diuretic and emmenagogue. Get rid of kidneys' and bladder stones and obstructions or toxic waste products which remain in the alimentary canal, and urinary excretory system. Relieves freckles on application when used in vinegar, for shocks, bruises and hard strokes it is as effective as asphalt (silajit). Approximately 2.25 grams if taken daily resolves the spleen inflammation. It is said that keeping a piece of root in vagina nearest to uterus brings ecbolic (abortive) effects. Periodic fevers are relieved by using infusion in quantity of about 80 ml. The infusion is considered to be more active than root. In asthma, bronchitis, epilepsy and spasmodic affections and to relieve flatulent colic in children the leaves are mixed with sugar and administered. Root is very effective to combat chronic venereal diseases and as useful antidote.

Compound Preparations

Tiryaq Samania, Dawai-Sandal, Roghan Aqrab, Safuf Kushta Qalai, Ma'jun Talkh, Ma'jun Aqrab.

Dosage

Powder 1 to 3 mg. or 4.5-7.0 g. (approximately).

Corrigent

Rheum emodiWall. ex Meissn (in liver disorders) and Nepeta hindostana (Roth.) Haines(in cardiac ailments).

Tenedium

Gentianain its resolvent action, Valeriana walichiiDC. (one half quantity), Capparis decidua(Forssk.) Edgew (half), and Costus spp. (equal quantity).

Comments

Described as harmful (in large doses or long duration use) for individuals with warm temperament particularly for chest.

Blepharis edulis (Forssk.) Pers.

Syn.:	Barleria persica (Burm.) O. Kuntze; Ruellia persica Burm. Acanthus edulis Forssk., Acanthodium spicatum Del.
Family:	**Acanthaceae**
Arabic Name(s):	Anjirah, Bazar-al-Qareez
Urdu Name(s):	Utangan, Anjrah, Bazar-al-Qareez, Balba Jawar, Asad
English Name(s):	Blepharis

Parts Used

Seeds, leaves, root.

Quality/Temperament

Warm and dry in first order, warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Seeds are considered as attenuant, resolvent, diuretic, expectorant, deobstruent and aphrodisiac. Leaves are acrid, cooling, astringent to the bowels, aphrodisiac, appetizer, alterative, alexiteric, useful in fevers, applied to wounds and ulcers. Root is diuretic, useful in urinary discharges.

Specific Action

Seeds diuretic, aphrodisiac, resolvent and expectorant.

Medicinal Uses

The plant (balba jawarwith seeds like flax) has been used as fodder for sheep and camel and seeds as medicine for sore eyes (in Baluchistan). Seeds are considered aphrodisiac for increasing the viscosity of the semen, hence included in electuaries and powders prescribed for premature ejaculation and spermatorrhoea. They are considered useful for dry and productive cough and generally for the respiratory organs. Clear lungs and thorax of extra-phlegmatic matter (raddi). The herb is also regarded as a cure for earache.

Compound Preparations

Safuf Sa'lab, Jawarish Zar'uni Ambari Ba Nuskha Kalan, Lubub Barid, Marham Ushaq, Ma'jun Mobahee Antaki, Ma'jun Murawweh ul-Arwah.

Dosage

3 to 6 g. (approximately).

Corrigent

Zizyphus sativaGaertn. (Unnab) and Rosa damascenaMill. leaves.

Tenedium

Cordia latifoliaRoxb. (sapistan).

Comments

The plant (green) parts are used as fodder by sheep and camel. To heal fastering wounds and large pimples aqueous extract is mixed with olive oil and applied.

Boswellia glabra Roxb.
Boswellia serrata Roxb.

Family: **Burseraceae**
Arabic Name(s): Loban Dakar
Urdu Name(s): Kundar, Salai Loban
English Name(s): Indian Olibanum/Indian Frankincense, Benzoin

Parts Used

Gum resin.

Quality/Temperament

Warm and dry in first order/warm in second order dry in first.

Functions and Properties (Pharmacological Actions)

Demulcent, emollient, aphrodisiac, exhilarant, emmenagogue, stimulant-expectorant, abortifacient, antidiarrhoeal, detersive and resolvent in application, antiseptic, tonic for vital organs and for improving vitality.

Specific Action

Demulcent, emollient, detersive, aphrodisiac.

Medicinal Uses

The gum resin obtained from Boswelliaspp. is included in preparations recommended to treat amenorrhoea, menorrhagia, polyuria, rheumatism, ulcers, scrofulous affections, syphilis, sores and nervous diseases. Long duration use in 3 grams daily acts as lipolytic without causing harm, reduces obesity and extra fat from body. Useful in forgetfulness and imparts strength to vital organs and improves vitality. It is an ideal tonic for urinary bladder, and acts as astringent in diarrhoea which is (mostly) due to stressed conditions and nervous debility. It acts as stimulant-expectorant in pulmonary affections, asthma, bronchitis etc. With gum acacia if taken as masticatory, it relieves foul breath. It is useful in gonorrhoea when taken in demulcent drinks. Largely used to treat aphthae, dysmenorrhoea, sore nipples, gonorrhoea and ringworm and as hepatic stimulant useful in infective jaundice, in dysentery, dyspepsia and piles. As collyrium with honey it is a useful detergent and absorptive relieves pterygium, epiphora, conjunctivitis, etc. When applied externally, it is combined with coconut oil or aromatics in skin affections and to promote hair growth and to promote absorption in chronic ulcers, as well as to resolve buboes, enlarged lymphs, glands etc.

Compound Preparations

Ma'jun Kundar, Hab Sur'a.

Dosage

1-4 g. (approximately).

Corrigent

Cochlospermum religiosum(L.) Alston (Katira) and saffron (Crocus sativusLinn.).

Tenedium

Pistacia terebinthus Linn./ Pistacia lentiscusLinn. (Mastich), Balsamodendron mukulHook (Gugal).

Comments

Coccinia grandis(L.) Voigt. Syn. Cephalandra indica W. & A. (N.O. Curcurbitaceae) is known as Kanduri(Kibel) and must not be confused with Kundur(which is a gum-resin). Sometimes C. indicaW.A. root is sold under the (adulterated) name of Bekh-Kabar.

Fresh Kundurcannot be powdered easily therefore first it is moistened in vinegar and then included in ointments. For electuaries (mu'ajin) it is first moistened in a suitable aqua distillate. The fragrant gum resin is largely used as incense.

Brassica nigra (L.) Koch.

Syn.: Sinapis nigra Linn.

Brassica juncea(L.) Czern. &Coss

Syn.: Sinapis juncea Linn.
Family: **Cruciferae**
Arabic Name(s): Khardal Ahmar
Urdu Name(s): Rai, Khardal, Aahar, Jambo
English Name(s): Black Mustard/Yellow Mustard

Parts Used

Seeds, oil.

Quality/Temperament

Warm and dry in third order/warm and dry in fourth order (Kabiruddin).

Functions and Properties (Pharmacological Actions)

Seeds are digestive, laxative, decongestant, stimulant, rubefacient, vesicant, external application first causes irritation and then exert soothing action, appetite stimulant, resolvent (of inflammation especially of the spleen). Large dose may act as emetic.

Specific Action

Resolvent, rubefacient, digestive, appetite stimulant.

Medicinal Uses

Black mustard is used in affections which are caused due to excess of cold malhumours e.g. meningitis, paralysis, palsy, rheumatism, gout, sciatica, pleurisy, pneumonia etc. The seeds are bruised into suitable vehicle (or as oil) and messaged over the thoracic region. A paste of seeds in ointment or cream is applied over the relevant parts in stomachache, painful liver, pain on the site of spleen etc. Amenorrhoea which is due to cold is treated with Sitz bath prepared with the decoction of black mustard seeds. Expressed oil is used as diet. Being resolvent and vesicant seeds made into powder and mixed with white mustard in the form of mustard flour (or as plaster) applied over ringworm, leucodermal affected regions, alopecia, gout, sciatica, urticaria, hard swelling and ulcers. Decoction of seeds is effective gargles in tongue and gums inflammations. As antiphlegmatic expectorant for stomach and to interact or rectify the poisonous affects of some poisons, about 12 grams seeds are administered as emetic in luke warm water. Oil combined with camphor form effective embrocation in muscular rheumatism and stiff neck. Leaves and green pods are taken as vegetable.

Compound Preparations

Anqaruya-i-Kabir, Hab Muqil, Safuf Tahleel, Zimad Bars, Marham Ushaq, Ma'jun Baladur.

Dosage

1 to 3 g.

Corrigent

Vinegar and almond oil.

Tenedium

Lepidium sativumLinn. (Hab-al-Rishad/Tukhm-Jarjir).

Comments

Due to its warm temperament causes thirst.

Butea monosperma (Lam.) O. Kuntze

Syn.:	Erythrina monosperma Lam. Butea frondosa Roxb.
Family:	**Papilionaceae**
Arabic Name(s):	Palas, Palah
Urdu Name(s):	Palas, Dhak, Tesu, , Palas Papri
English Name(s):	Butea tree, Bastard Tree, Bengal Kino

Parts Used

Leaves, bark, flower, seeds and gum.

Quality/Temperament

Leaves and bark: cold and dry in second order; seed, gum and flower: warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Alterative, astringent, diuretic, anthelmintic, emmenagogue (promote the flow of menses), aperient. Leaves-astringent, tonic, aphrodisiac. Flowers-astringent, depurative, diuretic, aphrodisiac, resolvent (of swellings) deobstruent (promotes diuresis and menstrual flow). Seeds-externally resolvent, internally anthelmintic.

Specific Action

Emenagogue, aphrodisiac, astringent.

Medicinal Uses

The gum (Kino) is regarded as useful in diarrhoea and dysentery, pyrosis, colic, menorrhagia, given as douche in leucorrhoea, also as gargle in sore throat, and in ulcers of the mouth. Recommended as successful for the expulsion of tape-worms and round-worms. Applied in skin complaints especially in ringworm its paste is helpful. Powder of the root bark (in dose of approximately 3-6 grams) is used for long-term as protective of sexual capability in senescence. Whereas seeds having poor detersive quality are included in formulations used in embrocations (particularly Tila), and when bruised in or with aqua Rosa damascenaMill. is applied to clear specks on the eye as well as to prevent (preliminary) cataract.

Seeds and gum in similar quantity (in recommended dose) as pill are administered to prevent attack of quartan fever especially following the purgative procedure where atrabile has been drawn out of body already. In epilepsy extract of leaves or gum is applied as drops into nostrils.

Compound Preparations

Habe Didan, Safuf Sailanur Rehm, Safuf Habis, Dawai Khas, Ma'jun Supari Pak, Ma'jun Zanjbil.

Dosage

Seeds 600 mg., gum 1 to 3 g., flowers 5 g., bark 3-6 g. (powdered).

Corrigent

Aqua Rosa damascenaMill. (Arq Gulab).

Tenedium

Samgh-Arabi (Gum Acacia), Brassica juncea (L.) Czern., (Tukhme Rai).

Comments

It may cause retching pain in the abdomen, vomiting and giddiness. Excessive use or large doses are described as harmful for intestines.

Caesalpinia bonduc (L.) Roxb.

Syn.:	Guilandinia bonduc Linn.
	Caesalpinia bonducella (Linn.) Fleming
	Caesalpinia crista Linn.
Family:	**Caesalpiniaceae**
Arabic Name(s):	Atmota, Rattah, Bandaq Hindi
Urdu Name(s):	Karanjwa, Mechka, Khurbat
English Name(s):	Bonduc nut

Parts Used

Seeds, root, bark and leaves.

Quality/Temperament

Warm and dry in third order/warm in third order dry in second (Kabiruddin).

Functions and Properties (Pharmacological Actions)

Desiccative and absorbent of excessively produced catarrhs in the body, antiflatulent, vermicide, blood purifier, aperient, antiperiodic, antispasmodic, antiseptic. Leaves are deobstruent, emmenagogue, root is digestive tonic and febrifuge. Fixed oil obtained from seeds possess emollient activity.

Specific Action

Antispasmodic, antipyretic, antiflatulent and effective against colic due to flatulence.

Medicinal Uses

Being desiccative and absorbent of excess catarrhs produced in the body, seeds of Caesalpinia bonduc (L.) Roxb. are employed with other suitable drugs in scrotal hernia, hydrocele and dropsy, on the affected sites as plaster. Seeds powder also serves the purpose. On testes which are paralyzed, leaves of Ricinus communis Linn. (castor plant) are tied which contain powdered seeds. Dry powder is also of benefit in itching and scabies. Half of the seed kernel bruised with seven numbers of cloves and administered against flatulent colic. To cause relief in intermittent fevers or in persistent fever with shivering leaves

with black pepper are bruised in water and administered gives instant relief. In quartan fever, seeds of bonduc nut, Butea monosperma (Lam.) Kuntz. seeds and flower buds of Acacia arabica (Lam.) Willd. in equal quantity are made into pills and administered in prescribed doses give relief. Seed kernels whose outer coat is burnt over heat are administered with honey in the attack of asthma and bronchitis prove very useful. Seeds are roasted well in sesamum oil, the oil is of great benefit as antiseptic and relieve irritative conditions of skin and scrofula. Decoction of seeds is useful against consumption and asthma. Oil is effective antispasmodic in convulsions, palsy and similar nervous complaints. Oil is also useful when applied in rheumatism., to remove freckles and as cosmetic.

Compound Preparations

Hab Tap Balghami, Hab Raba, Hab Humma, Qurs Humma Jadid.

Dosage

2 g. (approximately).

Corrigent

Filfil Daraz (Peepal, Pipli).

Tenedium

Leaves of the same plant.

Comments

Kernels are bitter and their excessive use may cause dryness. Leaves useful as antiasthmatic and give instant relief during attack.

Calotropis procera (Willd.) R. Br.

Family:	**Asclepiadaceae**
Arabic Name(s):	`Ushar
Urdu Name(s):	Aak, Akra, Akh, Madar, Karag, Kotiro, Ispalmen
English Name(s):	Swallow-wort, Milk weed

Parts Used

Leaves, flower and milky latex and roots.

Quality/Temperament

Latex warm and dry in fourth order, leaves and flowers warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Dried latex: Corrosive, caustic (vesicant), antispasmodic, alterative and nervine tonic, counter-irritant. Flowers:

antiphlegmatic, resolvent, analgesic. Dried leaves: antiasthmatic and cough-reliever, analgesic, resolvent. Root bark: Diaphoretic, emetic, alterative, diuretic, expectorant, antidiarrhoeal, cholagogue. The whole plant is regarded as a drastic purgative. It has expectorant, anthelmintic, alterative and proteolytic activities.

Specific Action

Externally: anti-inflammatory and counter-irritant. Internally: alterative, antispasmodic, resolvent.

Medicinal Uses

Latex of milk weed is reputed for treating leprosy, dropsy, rheumatism (due to its counter-irritant action) and to relieve skin disorders e.g. taenia and eczema, enlargement of the abdominal viscera, cough, ascites etc. Fresh leaves used as bandage for resolving swellings of the rheumatic joints as well as pain. Dried leaves smoked in pipes as cure for asthma and cough. Powdered flowers (gul-e-Aak) in small doses are considered useful in treatment of colds, catarrhs, cough, asthma and indigestion (loss of appetite and diarrhoea) is useful in skin diseases, enlargement of the abdominal viscera, intestinal worms, cough and anasarca. Root bark powder is regarded as an excellent substitute for ipecacuanha in dysentery; promotes secretions, act as mild stimulant.

Latex mixed with honey is used in aphthae of the mouth and with cotton swab inserted into hollow carious tooth, it cures toothache. In hepatic and splenic enlargements, dropsy and worms it is also very useful.

Compound Preparations

Hab-Seen, Hab Gul Aakh, Roghan Auja'Khas, Roghan Surkh, Roghan Gul-e-Aakh, Kushta Shangraf, Kushta Qarnul-Eil.

Dosage

The salt obtained from leaves and bark 250 mg. - 1g. (approximately); latex less than 250 mg., dried leaves (powder) 250 mg. - 1 g. (approximately).

Corrigent

Milk and butter.

Tenedium

Due to its corrosive action, its tenedium is considered to be the Croton tiglium Linn. (Jamalguta).

Comments

It is highly poisonous plant. Regarded as excellent substitute for ipecacuanha (in dysentery). Harmful for intestines. The

latex is used to a limited extent in tanning industry for deodorizing, removing hairs, and imparting yellow colour to hides. C. gigantea R. Br. also enjoys the same medicinal attributes.

Cannabis sativa Linn.

Syn.: Cannabis indica Lamk.
Family: **Cannabinaceae/Cannabaceae**
Arabic Name(s): Qinnab, Hashish Hindi
Urdu Name(s): Bhang, Qinnab, Hashish, Ganja, Bhangia
English Name(s): Indian Hemp

Parts Used

Leaves, (female) flowering tops, resinous exudations (Charas) and seeds (Shahdana).

Quality/Temperament

(Leaves) Cold and dry in third order.

Functions and Properties (Pharmacological Actions)

Narcotic (intoxicating, hypnotic), astringent, stomach tonic, appetitive, exhilarant, aphrodisiac and avoricious, desiccative (for semen), sedative and anodyne (pain relieving), antispasmodic, melancholic. In moderate doses it exerts at first exhilarant and aphrodisiac actions, afterwards it is sedative. In large doses it first produces mental exaltation (euphoria) then intoxication and temporary loss of memory (and narcotism).

Specific Action

Narcotic, hypnotic, sedative, avoricious, aphrodisiac, (in small doses) stimulant; in large doses euphoric.

Medicinal Uses

Hemp is prescribed in bowel complaints like indigestion, diarrhoea and dysentery, checks discharges in diarrhoea and is useful in stimulating appetite. In dysentery, dried tender leaves are mixed with little sugar and black pepper powder and given as successful remedy in acute dysentery, infantile convulsions, intestinal, hepatic and renal colic. In confections and electuaries administered as exhilarant, avoricious and aphrodisiac. Due to its astringent, sedative action it is useful against menorrhagia. As anodyne given systemically as well as applied in milk on haemorrhoids. In migraine and chronic persistent headache used internally as well as applied on forehead in insomnia, delerium and insanity. Due to its pain relieving (anodyne) action and antispasmodic property effective in whooping cough, pain in

the liver, colic and tetanus. Oil extracted from the seeds is used for rubbing in rheumatism, applied to the head relieves dandruff and useful against lice. All parts are valuable against acute mania, asthma, dysuria, pain in dysmenorrhoea and pain in phthisis, with assafoetida it is given in hysteria. Powder of leaves applied to fresh wounds promote granulation and poultice is applied to local inflammations, erysipelas, haemorrhoids, neuralgia etc.

Compound Preparations

Hab Hamal, Hab Mumsik Tilai, Hab Mumsik Ambari, Safuf Qinnab, Ma'jun Kalan, Ma'jun Masik al-Boul, Ma'jun Murawweh ul-Arwah, Ma'jun Muqawwi wa Mumsik, Ma'jun Falak Sayr.

Dosage

1 mg.

Corrigent

Butter and clarified butter (i.e. ghee).

Tenedium

Papaver somniferum Linn., Lactuca sativa Linn. (seeds) and Hyoscyamus niger Linn..

Comments

Cannabis grown in cold areas is said to be not comparable (in efficacy) with that which grows in temperate areas. Persistent use may cause indigestion, general debility, lack of appetite, cough, melancholy, impotency and dropsy.

Capparis decidua (Forssk.) Edgew.

Syn.: Sodada decidua Forrsk., Capparis aphylla Roth.

Capparis spinosa Linn.
C. spinosa L. var. mucronifolia (Boiss.) Hedge & Lam.

Syn.: C. mucronifolia Boiss., C. elliptica Haussk. & Bornm. ex Bornm.

Capparis spinosa var. himalayensis (Jafri) Jacobs

Syn.: C. himalayensis Jafri
Family: **Capparidaceae**
Arabic Name(s): Kabar, Sadad
Urdu Name(s): Kabar, Kaledok, Kaledo, Kaler
English Name(s): Caper Plant

Parts Used

Root-bark.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Root and root bark, the most active parts possess deobstruent, detergent, astringent, resolvent and expectorant qualities. Its bitterness makes it effective as anthelmintic, also having antiflatulent, carminative, diuretic and emmenagogue attributes. Fruit is stomach tonic, appetitive, carminative and aperient. Root is regarded as expellant of cold humours and disorders due to excess of cold malhumours particularly phlegmatic and atrabilious.

Specific Action

Resolvent for cephalic region, anti-inflammatory for spleen, emmenagogue.

Medicinal Uses

The root and root bark of caper is effective against nervous and cold phlegmatic disorders like palsy, numbness, dropsy, gout, sciatica and rheumatism. Gargles using the decoction of bark in vinegar give relief in toothache, leaves extract is effective against earache and dropped in ears. With other suitable drugs as decoction given to resolve obstructions in liver and spleen, to get rid of intestinal worms and as diuretic and emmenagogue. Application of its paste is also effective when applied over relevant abdominal part to resolve spleen inflammation. Root bruised and applied over malignant ulcers, sores, vitiligo and ringworm and with other suitable drugs administered as expectorant and anti-asthmatic.

Compound Preparations

Roghan Aqrab, Zimad Bars, Kushta Tamba Safaid, Ma'jun Suranjan.

Dosage

4-7 g. (approximately), upto 9.0 g. can be administered under prescription.

Corrigent

Syrup of vinegar or honey (Sikanjbin), Pimpinella anisum Linn. (Anise) and honey.

Tenedium

One species is tenedium for the other (i.e. C. spinosa Linn. for C. decidua (Forssk.) Edgew.), root, seeds, leaves and flowers are tenedium for each other.

Comments

Action (external) of the caper bark is considered to be very similar to that of Senega i.e. milk wort (Polygala chinensis Linn. and C. spinosa Linn. (which is identified with vernacular name Karel or Karil).

Capsicum annum Linn.
Capsicum annum var. grossum (L.) Sendt.

(Sweet or Bell Pepper)

Capsicum annum var. cerasiforme Irish

(Cherry Pepper)

Capsicum annum var. acuminata Fingerh.

(Red Pepper or Chillies)

Capsicum frutescens Linn. (the cultivated forms).

Family:	**Solanaceae**
Arabic Name(s):	Filfil Ahmar, Satta, Satta Masri
Urdu Name(s):	Lal Mirch, Filfil Surkh, Surkh Mirch, Merchakay, Mirchon
English Name(s):	Chillies

Parts Used

Ripe fruits dried and made into powder or bruised.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Resolvent, absorbent of blood (externally) and strong local irritant (rubefacient and counter-irritant), stimulant for the secretion of liquidity in mouth as well promoter of tonsils action, a useful sialagogue. Exerts stimulant and carminative action upon stomach and intestines, cardiac and general stimulant, diuretic and aphrodisiac.

Specific Action

Carminative, stomach and cardiac tonic, irritant, vesicant.

Medicinal Uses

Chillies are used in salad (when green), as condiment and spice it is considered to actively function as the nutritional antiflatulent against the articles of food which may cause flatulence and thus also assist digestion. As it is a corrective

of adverse effects of atmosphere and polluted water therefore it is included in nutritional items prepared for consumption during journeys. Also effective against alcoholism related mental states. Externally applied as powder or bruised (as fresh) proves useful against insects and dog bites. At first it causes excessive watery discharge effectively retards pus formation and the effected sites are healed rapidly. As counter-irritant useful against headache of phlegmatic origin, rheumatism, backache, pleurisy, and sciatica. It alleviates pain, irritation and inflammation. In chronic lumbago fruit made into a paste in combination with mustard are useful (as counter-irritant). Made into lozenges with sugar and tragacanth, is an effective remedy for hoarseness. Useful in atonic dyspepsia and loss of appetite. Pills made with rhubarb, ginger and aloes act as carminative and with cinchona in lethargic affections and intermittent fevers. With assafoetida and camphor it is an effective remedy for cholera. Chilly sauce is excellent stomachic and impart fine flavour to foods in cooking.

Compound Preparations

In laooq and jawarishat preparations along with other herbal drugs.

Dosage

50 mg. - 1 g.

Corrigent

Milk and clarified butter (i.e. Ghee).

Tenedium

Piper nigrum Linn. (Black pepper).

Comments

Useful counter-irritant. Continuous use causes irritation, gastro-enteritis and excoriation in the mucous membranes of intestines, also considered to cause piles. Considered as corrective of the adverse effects of nutritional items which are consumed during long journeys.

Careya arborea Roxb.

Family: **Myrtaceae/Lecythidaceae**
Arabic Name(s): Jazar-ul Shaitan
Urdu Name(s): Baokhumba
English Name(s): Wild Guava

Parts Used

Dried fruits and bark.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Bark of the plant has demulcent action, is an ingredient of emollient embrocations, antipyretic, antipruritic in eruptive fevers.

Flowers are regarded as demulcent; fruit decoction recommended as aromatic promoter of digestion. Leaves regarded as having anti-ulcer properties. Bark and fruit also regarded as astringent carminative, tonic for digestive system and useful against piles.

Specific Action

Mucilaginous and carminative (corrective of the digestive disturbances and overall process).

Medicinal Uses

Bark of Baokhumba when moistened, gives out mucilage and is therefore prescribed in emollient embrocations. Juice of the fresh bark as well as flowers is administered with honey, as demulcent in coughs and colds, as antipyretic and antipruritic in eruptive fevers, especially in small-pox. Decoction of the fruit is given to promote digestion. Leaves' poultice is considered to heal ulcers. Decoction of the bark is also employed in cases of dysentery and in indigestion (on account of its astringent action). Especially prescribed to relieve constipation, stomachache, flatulent colic in infants and children.

Compound Preparations

Ghutti.

Dosage

500 mg. to 1 g.

Corrigent

Myrtus communis Linn. (Hab-ul-Aas).

Tenedium

The leaves of the plant.

Comments

Seeds are regarded as poisonous, however recommended doses of the bark and flowers in prescribed preparations are not known to cause any apparent side effects.

Carica papaya Linn.

Family: **Caricaceae**
Arabic Name(s): Amba-Hindi, Arand Kharbuza, Shajratul Papitah
Urdu Name(s): Papita, Paapeeto
English Name(s): Papaya, Pawpa

Parts Used

Unripe fruit and ripe fruit, milky juice (latex) and seeds.

Quality/Temperament

Warm and dry in first order/warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Antidote for insect bites, plant poisons and toxicity produced by bearable dose of minerals, resolvent, calorific, expectorant for phlegm, carminative, sedative tonic for stomach and intestinal colic, antinauseating, antiemetic, antidiarrhoeal, emmenagogue and aphrodisiac, antioedemic and anti-inflammatory.

Specific Action

Antidote for bearable toxicity, useful against cholera and as antiemetic, stomach tonic, resolvent.

Medicinal Uses

Papaya is used largely as fruit throughout the tropics. Being antidotal used to combat toxicating situation in cholera, vomiting and diarrhoea. Relieves colic and abdominal discomfort associated with discharge of watery stools. Seeds are thus bruised in rose water and administered for this purpose. Being resolvent, calorific and antiphlegmatic administered in asthma, dropsical affections, flatulent dyspepsia and pain in piles, rheumatic pains, paralysis etc. Seeds bruised in water and given as drops prove useful in fainting due to abdominal or phlegmatic disorders, resolve tumours if applied over tumours. Also used in aphrodisiac preparations. Powder of seeds fried in sesame oil and massaged over parts affected by paralysis or palsy. Being calorific and resolvent proves useful against extra fat over the body, piles, cough, flatulence and related pains or discomfort. Juice of green fruit is emmenagogue and in large doses ecbolic. Milky juice possesses anthelmintic attributes. Latex is active against ringworm on application and removes freckles. Ripe fruit if used continuously for some days corrects habitual constipation. Dried and salted fruit reduces enlarge spleen and liver, green fruits act as lactagogue. Application of leaves is useful against nervous pains in painful parts.

Compound Preparations

Hab Papita.

Dosage

Seeds 30 to 75 mg. (approximately), dry powder of unripe or ripe fruit (as required).

Corrigent

Cichorium intybus Linn. (unripe, green).

Tenedium

Cocos nucifera Linn. (Nariyal).

Comments

Unripe green fruit has meat tendering qualities, the ripe fruit is fibrous and contain enzyme papain (which has antioedemic, anti-inflammatory and proteolytic activities). Some lithontriptic activity has also been reported. Described as harmful for individuals having warm temperament. Also reported as ecbolic (the latex) when the wick made in latex is kept in vagina for recommended duration under prescription.

Carthamus tinctorius Linn.

Family:	**Compositae /Asteraceae**
Arabic Name(s):	Bizr Qurtum
Urdu Name(s):	Qurtum, Qurtum Kusanbah, Kussum, Pawari
English Name(s):	Wild Saffron

Parts Used

Seeds and flowers.

Quality/Temperament

Warm and dry in first order/warm in second order, dry in the first.

Functions and Properties (Pharmacological Actions)

Concoctive and purgative of phlegm, expectorant, clears the irritative conditions of bronchial tubes and voice, aphrodisiac and semenagogue, emmenagogue, diuretic, antiflatulent.

Specific Action

Antiflatulent and resolvent, antiphlegmatic, expectorant and purgative of phlegm, diuretic, emmenagogue.

Medicinal Uses

For the catarrhal affections of phlegmatic origin the flowers and seeds of Qurtum act as concoctive and purgative, in asthma, bronchitis, abdominal dropsy, anasarca and in spasmodic colicky pain. Hot infusion of dried flowers is given

as a diaphoretic in jaundice, nasal catarrh, and muscular rheumatism. Cold infusion of flowers is effective as laxative and tonic in measles and to help rise the eruptions in certain fevers of epidemic type. Seeds are useful in rheumatism, with honey these are effective against respiratory catarrhal (phlegmatic) affections, keep the throat clear of phlegm and tenacious mucus, also helpful for relieving hoarseness of voice. Used as diuretic and included in emmenagogue preparations as well as in aphrodisiac and semenagogue preparations. Tender leaves and stems cooked as vegetable. Oil from seeds is a valuable edible oil used in cookery (may adulterate clarified butter/ghee). Oil with sesame oil is useful remedy in application for itch, also applied on painful joints.

Compound Preparations

Jawarish Qurtum, Al-Ahmar, Halwa-i-Sa'lab, Roghan Qurtum, Safuf Namak Sulaimani, Lubub al-Asrar, Ma'jun Qurtum, Ma'jun Murawwehul-Arwah.

Dosage

Flowers 5-7 g.

Corrigent

Pimpinella anisum Linn. (Anisun).

Tenedium

Pistachia terebinthus Linn. ('Ilak Rumi) Habat al-Khazra and Pistacia khinjuk Stocks (Khinjuk) gum resin.

Comments

Carthamus tinctorius Linn. sometimes cultivated for its valuable oil and dye in Punjab, NWFP, Gilgit and Hunza, Kotli in Mirpur (but not in large quantities). Leaves curdle milk like rennet.

Carum carvi Linn.
Carum carvi Linn. forma gracile (Lindl.) Wolff.

Syn.: Carum gracile Lindl
Family: **Umbelliferae/Apiaceae**
Arabic Name(s): Kamun Kirmani, Karawya
Urdu Name(s): Zirah Siyah, Kala Zira, Karo Jeero
English Name(s): Black Caraway, Black Cumin

Parts Used

Fruit (seeds) and oil (obtained through steam distillation).

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Aromatic, carminative and astringent, pectoral, diuretic and anthelmintic, antidyspeptic and desiccant, diuretic and detergent, stomachic, antidiarrhoeal, useful against extra moistness or catarrhs present in the stomach, distilled water (or aqua from seeds) is effective against stomach complaints as antiflatulent.

Specific Action

Carminative, stomachic, pectoral, externally desiccant and detersive.

Medicinal Uses

The seeds of black caraway though find common use as condiment, from the water (or infusion) of seeds an eye wash is prepared which strengthens the eye sight, removes pterygium and alleviates ankyloblepharon. For this purpose seeds are dried well over heat then finely powdered and applied as collyrium. Administered with suitable vehicle (like Adhatoda or honey) in emphysema. In stomach debility due to dominant cold malhumours, flatulence, colic, hiccup, indigestion and loss of appetite as well as in diarrhoea, seeds are made into compound preparations (Jawarishat) in powder mixtures used as digestive tonic to produce desired peristaltic movement in the intestine and to relieve unwanted coldness in the stomach. The essential oil finds extensive use as digestive stimulant, carminative, condiment and flavouring agent.

Compound Preparations

Jawarish Kamuni, Namak Sulaimani, Jawarish Filafali, Jawarish Kamuni Mushil, Jawarish Mastagi Kalan, Hab Ashkhar, Hab Pachlauna, Safuf Chutki, Safuf Shirin, Safuf Longa, Arq Zira, Qurs Podina, Ma'jun Jograj Gugul, Ma'jun Sohag Sonth, Ma'jun Kalkalanj.

Dosage

3 to 5 g. (approximately).

Corrigent

Vinegar and Cochlospermum religiosum (L.) Alston (Katira).

Tenedium

Nigella sativa Linn. (Kalonji) as desiccative and antiflatulent; in other qualities Cuminium cyminum Linn. (Zira safaid).

Comments

Its continuous use may cause emaciation. Described as harmful for lungs following long duration or large dose use.

Cassia absus Linn.

Family: **Caesalpiniaceae**
Arabic Name(s): Chashmezaj, Te-Asuwada, Kharob
Urdu Name(s) : Chaksu, Chashkhacham, Choriya Chanor
English Name(s): Chaksu (Cassia absus seeds)

Parts Used

Seed.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Astringent, haemostatic haematonic, detersive and resolvent, ophthalmic tonic, diuretic, cholagogue.

Specific Action

Ideally effective against ophthalmic disorders.

Medicinal Uses

Chaksu is regarded as useful for enriching the blood as tonic, a bitter astringent for the bowels, applied locally to heal ulcers, cure leucoderma and as beneficial in diseases of the eyes such as purulent conjunctivitis, purulent ophthalmia etc. It clears the eyes of dirt and collyrium is made from it. With Santalum album Linn. (sawdust) when administered orally after being detoxified or decorticated checks uremia, and corrects kidneys function. Blackish raceptacle of seeds is useful against amenorrhoea. Reported frequently to correct the malhumour states, tumours, coughs, disorders in the nose, hiccough, enrich the blood and act as cholagogue. Due to its detersive action and resolvent property when applied as collyrium or as dried powder, it strengthens the eyesight, regarded as effective against granular conjunctivitis trachoma and against epiphora.

Compound Preparations

Hab Musaffi Khun, Hab Narkachur, Safuf Bars, Safuf Chutki.

Dosage

Infusion of seeds: 21 Nos.

Corrigent

Aqua Rosa damascena Mill. and when detoxified or used after being decorticated.

Tenedium

Tutiyae Kirmani (Copper sulphate detoxified) in some actions (or properties).

Comments

Though regarded as non-toxic but when used for eyes (as collyrium) it is advisable to detoxify it (or use with its corrigent) or the seeds must be decorticated.

Cassia fistula Linn.

Family: **Caesalpiniaceae**
Arabic Name(s): Khiyar Shanber
Urdu Name(s): Amaltas, Khayar Shanber, Chamkani.
English Name(s): Golden shower Senna, Indian Laburnum, Purging Cassia

Parts Used

Fruit (pods), dried leaves, outer coat of the pods, flowers, root and seeds.

Quality/Temperament

Warm and moist in first order/warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Purgative/cathartic, root bark purgative, tonic and febrifuge; pulp of the pods-agreeable laxative, seeds emetic. Resolvent of inflammations, Ecbolic (eases parturition), emmenagogue. Safe laxative for malhumours.

Specific Action

Laxative/purgative (for malhumours), emmenagogue.

Medicinal Uses

The pulp of Amaltas finds much use in traditional medicines of the Orient as cathartic with other suitable articles (like almond oil). Being antiphlegmatic (with laxative action) it is useful for relieving thoracic obstructions, heat of the blood, as a safe aperient and demulcent for children and women. Confection of the pulp (producing 1-2 soft motions) is given in cases of diabetes. Externally as resolvent of inflammations (and swellen parts) it is an effective application in gout and rheumatism. Bark is especially effective against ringworm. Decoction of the coat of pod, made into cow milk is regarded as useful in relieving throat inflammations and diphtheria. With saffron and Aqua rose, decoction of the pulp is useful in bringing parturition and expelling foetal remnants. Cassia pulp is thus also employed

as a useful ecbolic and in difficult menstruation. The pulp is excessively used in the essence of coffee and in smoking mixtures to flavour tobacco.

Compound Preparations

Laooq Khiyar Shanber (Cassia fistula Linn.), Zimad Sumbul ut-Teeb, Ma'jun Kalkalanj.

Dosage

25 to 50 mg.

Corrigent

Mastagi (Pistacia lentiscus Linn.), butter, Anisun (Pimpinella acuminata (Edgew) Clarke).

Tenedium

Glycyrrhiza glabra Linn. extract, Fraxinus ornus, Operculina turpethum (L.) Silva Manso, Vitis vinifera Linn.

Comments

Excessive use or large doses may cause intestinal irritation, tenesmus, nausea, colic and abortion. Contra-indicated in: spastic constipation, colitis, when there is irritation and fever, and in piles.

Cassia occidentalis Linn.

Family:	**Caesalpiniaceae**
Arabic Name(s):	Qalqatah, Qalqah
Urdu Name(s):	Kasondi, Kasonji, Talwar Phali
English Name(s):	Negro Coffee

Parts Used

Leaves, root, seeds.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Alexipharmic, useful in expelling corrupt humours and to relieve cough. Purgative, sedative, anti-inflammatory (antidotal for insect-poisoning), antispasmodic, diuretic.

Specific Action

Sedative in fevers.

Medicinal Uses

Extracts (benzene and petroleum ether) of leaves, roots and seeds of Cassia occidentalis Linn. have been found effective

against Salmonella, Proteus, Escherichia coli, Bacillus subtilis species of bacteria, whereas already the chrysophanic acid is noted to have fungicidal activities. Being sedative and resolvent, its leaf-extract is given in dropsy and anasarca (where the primary disorder is of hepatic physiological origin) along with black pepper. Thus it is also regarded as useful against cough, asthma, and when root extract is applied over the areas affected by rheumatic pain, or taken internally in recommended doses it is said to act as antidotary against insect poisoning especially that of scorpion bite. Root paste made into lemon water is useful against ringworm.

Compound Preparations

Dawa Siyah Peichish, Hab S`uual.

Dosage

Leaves 7 to 12 g. (approximately), seeds (approximately 0.25-0.75 g.), roots infusion: 15-30 ml. (approximately); decoction whole plant: 7.5-22.5 g. (approximately).

Corrigent

Piper nigrum Linn., Honey.

Tenedium

Other variety of Cassia occidentalis Linn. (Kali-Kasondi for yellow variety).

Comments

Large doses and continuous use is described as harmful for individuals with warm temperament, therefore, contraindicated in such persons.

Cassia senna Linn.
Cassia angustifolia Vahl.

Family: **Caesalpiniaceae**
Arabic Name(s): Sanna-Makki.
Urdu Name(s): Sana, Sanna Makki
English Name(s): Senna

Parts Used

Leaves.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Cathartic, especially useful in habitual constipation. In therapeutic doses it increases the peristaltic movements of the colon. Pods have same therapeutic effects as leaves, and these cause less griping. Referred as safe and effective purgative, is well-adapted for childhood, old age and delicate females. Deobstruent, blood purifier, anthelmintic, detersive when combined with vinegar.

Specific Action

Cathartic (purgative of the malhumours).

Medicinal Uses

The leaves of Senna given to children and elderly when a tolerably active purge is required. As it is useful in evacuating the malhumours, it is regarded of benefit in periodic fevers when not relieved by desired drugs, in rheumatism of phlegmatic or bilious origin (i.e. be of yellow bile disorder or of atrabile), backache, sciatica, gout and asthma. Senna is also regarded as an effective blood purifier, therefore also prescribed in chronic skin ailments. It has been used as a cordial (when mixed with suitable drugs like violets). Largely recommended for use in constipation, loss of appetite, liver complaints, abdominal cramps (or related troubles), splenic enlargement, dyspepsia, typhoid, jaundice, anemia, leprosy, against poisoning symptoms, foul breath, bronchitis, tumours etc. The drug is regarded as emetic and may be a cause of colic (when used) therefore never advised to be taken alone, but as corrective (corrigent) among rose, Anisun and rose preserve (gulqand) any one can be used along with the drug.

Compound Preparations

Itrifal Sanai, Safi, Itrifal Ustukhudus, Sherbet Qabz Kusha, Ma'jun Ushba, Itrifal Aftimun, Sherbet Mushil, Ma'jun Qurtum, Itrifal Zamani, Qurs Mulayyin, Ma'jun Murawweh ul-Arwah, Itrifal Ghudaddi, Kuhl Shifa, Itrifal Mulayyin, Laooq Sapistan Khiyar Shambari, Jawarish Ood Mulayyin, Hab Shabyar, Safuf Chobgazwala, Safuf Suranjan, Safuf Mulayyin, Sherbet Ahmad Shahi, Ma'jun Anjir, Ma'jun Juzam, Ma'jun Chob-Chini, Ma'jun Sana, Ma'jun Suranjan.

Dosage

3 to 5 g.

Corrigent

Anisun (Pimpinella anisum Linn.), Rose sugar preserve (Gulqand), Gul Surkh (Rosa damascena Mill.), Honey.

Tenedium

Turpeth (Operculina turpethum (L.) Silva Manso. Khayar Shanber (Cassia fistula Linn.).

Comments

Senna leaves can cause pappy stools, large doses may produce intestinal irritation, tenesmus, nausea, intestinal colic and abortion. Contraindicated in spastic constipation, colitis, when there is irritation and fever (of unknown etiology), during pregnancy and in the presence of piles.

Cassia tora Linn.

Family: **Caesalpiniaceae**
Arabic Name(s): Sanabri, Damul Akbar
Urdu Name(s): Panwar, Qalb, Sing Seweyah
English Name(s): Ringworm plant, Spider Flower

Parts Used

Seeds.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aperient, expectorant and purgative for phlegm and atrabile, blood purifier, detersive, preventive against epidemics, useful against piles or haemorrhoids.

Specific Action

Blood purifier, useful against local skin ailments.

Medicinal Uses

Seeds and leaves of Cassia tora Linn., with blood purifying activities and detersive, are used in skin ailments appear as symptoms of deterioration in blood composition for example leprosy, scabies, psoriasis, ringworm, vitiligo and leucoderma as well as in freckles and cholasma. It is administered systemically as well as applied locally too. Keeping the seeds for some days in curd, then bruised and applied over the ringworm is an esteemed result oriented prescription. Leaves prepared as vegetable are considered effective preventive against plague. Eating the seeds under prescription or their application is regarded as useful against piles. In bronchitis, whooping cough and asthma of phlegmatic origin, it is good remedy. Being expectorant and aperient of phlegm and atrabile it is regarded as effective

against paralysis, hemiplegia, rheumatic and arthritic pains and in diseases due to excess cold humours.

Compound Preparations

Safuf Bars.

Dosage

1 to 3 g.

Corrigent

Milk, curd, Rosa damascena Mill.

Tenedium

Psoralea corylifolia Linn., Cassia occidentalis Linn.

Comments

Described as harmful for intestines in excessive use.

Celastrus paniculata Willd.

Syn.: Gymnosporia montana (Roxb.) Benth., Celastrus senegalensis Lam., Maytenus senegalensis (Lam.) Excell.
Family: **Celastraceae**
Arabic Name(s): Arujee
Urdu Name(s): Mal Kangni
English Name(s): Staff tree

Parts Used

Seeds.

Quality/Temperament

Warm and dry in third order/warm in third order, dry in second.

Functions and Properties (Pharmacological Actions)

Nervine tonic, improving intellect, antiphlegmatic useful against affections of cold origin, stomach and digestive tonic, carminative, aphrodisiac, blood purifier, expectorant and laxative for phlegm, emollient, alterative. Oil is rubefacient and pain relieving.

Specific Action

Nervine tonic, aphrodisiac, antiphlegmatic.

Medicinal Uses

The seeds of Mal Kangni are effective antiphlegmatic and useful remedy against atrabilious cold affection like rheumatism, paralysis, facial paralysis, back pain, gout, sciatica etc. Included in nervine and stimulant aphrodisiac preparations as well as expectorant of phlegm and laxative

in whooping cough or pertusis and productive cough. Decoction of seeds is also given in nervous affections used with or without aromatics. Oil with benzoin, cloves, nutmeg and mace is a good remedy in beri-beri, also powerful local stimulant for cold painful affections like rheumatism, palsy and muscular pains. Included in liniment and embrocations applied to procure aphrodisiac effects and being a useful blood purifier added to preparations applied in leprosy, leucoderma, irritation and scabies.

Compound Preparations

Dawa-Ziqunnafas, Roghan Ajeeb, Roghan Auja'a Khas, Roghan Malkangni.

Dosage

600 mg. - 1 g.

Corrigent

Cow's milk and oil made from egg yolk.

Tenedium

Oil of cloves (Syzgium aromaticum (L.) Merr. & Per.).

Comments

Seeds oil experimentally possess sedative, tranquilizing, spasmolytic, vasoconstriction (for blood vessels) activities. In high doses oil exerts significant side effects and has been described as harmful in large doses or when used for long duration by individuals having warm temperament.

Centalla asiatica (L.) Urban

Syn.: Hydrocotyl asiatica Linn.
Family: **Umbelliferae/Apiaceae**
Arabic Name(s): Behisber, Qas`at al-Maa
Urdu Name(s): Barhami, Barhami Buti
English Name(s): Indian Pennywort

Parts Used

Above ground parts.

Quality/Temperament

Warm and dry in second order/cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Tonic for cephalic region especially useful for restoring intellect and function of the brain. Exhilarant and tonic for vital organs. Also alterative, tonic, diuretic, local stimulant. Nervine tonic active against psychosomatic and skin

affections produced due to malhumours excess. Active against mental weakness and exhaustion and as good antipyretic alterative in periodic fevers.

Specific Action

Tonic for brain, exhilarant for vital organs, alterative, psychotropic.

Medicinal Uses

Pennywort extract or powder with milk is administered to have tonic and restorative effects on brain and brain function. With other suitable drugs as tablets (Qurs) or electuaries given for spermatorrhoea and seminal weakness which is due to nervous debility, in insanity and hypochondriasis. Fresh juice of leaves is recommended with milk and liquorice in skin diseases, blood disorders and nervous debility, gonorrhoea, jaundice and chronic fevers. Pills made with basil and black pepper are useful against periodic fevers. As internal and external remedy in ulcerations, calculous affections, scrofula, syphilis with gummatous infiltration, eczema, leprosy, epilepsy, enlargement of glands, in abscesses and chronic rheumatism, in lephantiasis, fevers due to inflammatory swellings. In leprosy patients by using pennywort capillary circulation is accelerated, appetite improves and slowly the skin becomes soft and acquires its normal colour and function. For bowel complaints its leaves (3-4 Nos.) are useful especially in children. Dried leaves are useful against skin eruptions and mental weakness.

Compound Preparations

Ma'jun Barhami, Zimad Barhami.

Dosage

3 to 5 g. (approximately).

Corrigent

Coriandrum sativum Linn. (dried).

Tenedium

Cinnamomum zeylanicum Blume, Xanthoxylum alatum Roxb.

Comments

Excessive use or large dose may cause headache, giddiness and in some individuals a tendency to coma. Centella glycosides exert mild tranquilizing effects and lower the blood pressure.

Centaurea behen Linn.

Family: **Compositae/Asteraceae**
Arabic Name(s): Behman
Urdu Name(s): Behman, Behmen Safaid
English Name(s): Behen, Centaurea

Parts Used

Roots.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Exhilarant and cardiac tonic, aphrodisiac, antiflatulent, semenagogue, fattening (with comparatively less warm faculty than the red variety).

Specific Action

Aphrodisiac, tonic and fattening.

Medicinal Uses

Dried powder of Behen roots when taken with milk strengthen the memory. Flour made of the root is also considered nutritive, aphrodisiac and fattening. Credited to have powerful aphrodisiac properties included in several indigenous preparations particularly the exhilarants, cardiac tonic preparations. Regarded as useful resolvent of excess phlegmatic humours, used or prescribed in calculous affections and jaundice. The root has mucilaginous attributes and somewhat astringent taste thus included in preparations which act as sedative tonic for the sexual organs, also act as semenagogue and when taken with milk or some other suitable vehicle relieves sexual debility.

Compound Preparations

Lubub al-Asrar, Lubub Kabir, Hab Amber Momiyaie, Halwai Badam, Halwai Sa'lab, Safuf Kalan, Hab Jadwar, Sherbet Abresham, `Arq Gazar Sada, Ma'jun Jalinus Lului, Ma'jun Sangdana Murgh, Khamira Gaozaban, Ma'jun Shir Bargadh Wali, Ma'jun Kalan, Ma'jun Mobahee Antaki, Mufarreh Azam, Ma'jun Nisyan, Ma'jun Muqawwi Wa Mumsik, Mufarreh Shaikh ul-Rais, Dawaul Misk Har Jawarhardar, Dawaul Misk Har Sada, Mufarreh Yaquti Mo'tadil.

Dosage

3 to 7 g. approximately.

Corrigent

Zizyphus jujuba Mill. and Cochlospermum religiosum (L.) Alston.

Tenedium

Red variety substitutes white variety and vice versa. Also Cheiranthus cheiri Linn. and Curcilago orchioides Gaertn.

Comments

Red variety has been described as Salvia haematodes W. Large dose or prolonged duration use described as harmful for individuals with warm temperament.

Cheiranthus cheiri Linn.

Family:	**Cruciferae/Brassicaceae**
Arabic Name(s):	Todaruz Abiaz, Todaruz Ahmer
Urdu Name(s):	Todri Surkh, Todri, Gul Shabo
English Name(s):	Wall flower

Parts Used

Seeds and flowers.

Quality/Temperament

Warm in second order, moist in first order.

Functions and Properties (Pharmacological Actions)

Emmenagogue, lactagogue, aphrodisiac (increase semen production), cardiac tonic, depurative, deobstruent, resolvent, expectorant and stomachic. The drug exhibits antimalarial, antiarrthymic, and cardiotonic activities.

Specific Action

Expectorant (of phlegm).

Medicinal Uses

For its desirable action as antiphlegmatic and expectorant, lactagogue, productive of seminal fluid and viscous aphrodisiac, seeds or flowers of Todri are administered alone (as powder) or with other suitable drugs at large. Also dispensed in linctus as expectorant of phlegm in cough, bronchitis and asthma. Resolves inflammations, useful in paralysis, impotence (spermatorrhoea), fevers, eye-affections, uterine disorders, and hepatic debility or insufficiency. Also administered or applied in suitable vehicle for dissolving the enlarged glands and blind ulcers, warts or hard swellings (or sores).

Compound Preparations

Lubub Kabir, Ma'jun Murraweh ul-Arwah, Ma'jun Raig Mahi, Khamira Gaozaban Ambari Jawahardar, Ma'jun Behmanain, Arq Gazar Sada, Safuf Muzeed Sheer, Itrifal Kabir, Lubub Saghir.

Dosage

7 to 10 g.

Corrigent

Decoction formation and moistening the active part in water [then using the said part, it renders the relevant part detoxified (mudabbir)].

Tenedium

Behman Surkh., Saliva aegyptiaca Linn., Centaurea behen Linn. (Safaid Behman).

Comments

Traditionally no known toxicity reported following use of recommended doses - however, advised to be prescribed or administered with care (i.e. following confirmed diagnosis).

Chenopodium album Linn.

Chenopodium album Linn. ssp. virgata (Thellung) Allen.

Chenopodium album Linn. ssp. virgata var. candicans Moq.

Family: **Chenopodiaceae**
Arabic Name(s): Qitf, Qataf
Urdu Name(s): Bathwa, Qataf, Sarmaq, Bathua Saag,Naebho Saag, Nabho Buto, Jhil, Malerav, Torsaag
English Name(s): White Goose Foot

Parts Used

Above ground parts (used as vegetable), seeds.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Laxative, diuretic, febrifuge, emollient for throat and chest, nutritive and thirst quenching.

Specific Action

Laxative, useful in liver disorders.

Medicinal Uses

The plant is much esteemed as a pot herb as well as a weed, used frequently as vegetable (above ground parts). Useful for people with warm temperament, lessens the thirst. Leaves' juice is useful for relieving inflammations in the throat. The plant is regarded as anthelmintic in its overall action. Leaves as well as seeds are consumed by Hill tribes as an article of food. Recommended largely in hepatic disorders and splenic enlargement. Seeds are considered as effective against jaundice, dropsy, dysuria and micturition. Decoction of seeds is regarded as advantageous in expelling dead foetus. The oil of seeds is regarded as anthelmintic for hook worms, round worms and intestinal amoeba in veterinary medicine. To get rid of excess bilious malhumour, with seeds, salt, hot water and honey are administered to cause vomiting. Paste of seeds is useful for removing unwanted marks remain on the skin due to various causes. Paste of leaves is also regarded as effective in resolving inflammations of warm origin, itching, scabies and pruritis.

Compound Preparations

Arq-e-Ahmar, Sherbet Kasni, Arq-e-Yarqan.

Dosage

Seeds 5-7 g. (approximately).

Corrigent

Spices.

Tenedium

Spinacea oleracea Linn. (Palak).

Comments

May cause flatulence.

Chrysanthemum indicum Linn.
Pyrethrum indicum DC.
Anacyclus pyrethrum DC.

Family:	**Compositae/Asteraceae**
Arabic Name(s):	Nashm Abiaz, Aiyun Abqar Hindi, Takhun al-Jabl.
Urdu Name(s):	Aqarqara, Bikhtar Khun, Aqarqarha
English Name(s):	Pyrethrum

Parts Used

Root.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Antiphlegmatic, purifier of wasted or extra malhumours from cephalic region, sialagogue (masticatory), stimulant (powerful pungent in taste), bitter, cooling, digestive, cardiotonic, astringent (to the bowels), improves taste and complexion, blood purifier, insecticide and vermifuge. Flowers are diuretic, emmenagogue, carminative and vulnerary.

Specific Action

Antiphlegmatic, purifier of extra humoural contents from cephalic region (regulates semen production). Small quantities in certain formulation act as promoter of semen and thus increase number of sperms; large quantities - insecticide.

Medicinal Uses

Pyrethrum is regarded as deobstruent, purifier of impurities especially from the cephalic region, included in electuaries and embrocations or liniments administered to improve sexual potency, especially useful for individuals having cold temperament. Also acts as deobstruent in cases of dysmenorrhoea and thus acts as emmenagogue. Its use in formulations or as masticatory is effective in chorea, palsy, tetanus, chest pain and sciatica. Also usefully effective in patients suffering from apoplexy, facial paralysis and hemiplegia. Being valuable sialagogue and rubefacient effective in bringing to normal state the elongated uvula in diphtheria and related oral symptoms when used internally or applied as dentifrice. Chewed as masticatory it relieves stammering in children, relieves the rigours and has been noticed to given to parrots to make them talk. Flowers are useful in stomatitis, in leprosy, burning sensations, urinary discharges, gleet, lumbago, in obstructive affections of brain and calculus and to remove depression (states). It has been used in conjunction with black pepper for gonorrhoea. Flower heads' infusion has been frequently applied as collyrium in eye affections and leaves in migraine. Flowers are also administered for sore eyes and for the internal or external abdominal inflammations.

Compound Preparations

Sunun Dandan, Barsh`asha, Ma'jun Zabeeb, Arq Amber, Anqaruya-i-Kabir, Jawarish Zar'uni Sada, Jawarish Zar`uni

Ambari Ba Nuskha Kalan, Hab Mumsik Ambari, Roghan Seer, Roghan Qust, Roghan Kalan, Sunun Khas, Tilai-Urusak, Tilai Mushkwala, Qairuti Arad Krasna, Lubub Saghir, Ma'jun Baladur, Ma'jun Raig Mahi, Ma'jun Zabib, Ma'jun Mobahee Antaki, Ma'jun Murawweh ul-Arwah, Ma'jun Muqawwi wa Mumsik, Ma'jun Mushki.

Dosage

1 g.

Corrigent

Katira (Cochlospermum religiosum (L.) Alston.), Munnaqa (Vitis vinifera Linn., Raisins).

Tenedium

Filfil Daraz (Root of Piper spp.) Zinjabeel (Zingiber officinale Rosc.) Behman Safaid (Centurea behen Linn.).

Comments

Described as harmful for lungs when used in large quantities or when taken for long duration. Hypersensitive reactions have been reported (as irritant) for the eyes and mucosa.

Cichorium intybus Linn.
Cichorium endivia Linn.

Family:	**Compositae/Asteraceae**
Arabic Name(s):	Handba, Hammar Albait, Asma Najoni
Urdu Name(s):	Kasni, Gul Suchal
English Name(s):	Endive, Chicory

Parts Used

Root, seeds and leaves.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Deobstruent, diuretic, blood purifier, promotes bile secretion and digestion, tonic and resolvent of inflammations for liver and spleen. In warm inflammations exert cooling, repercussive and sedative effects when applied locally or over the abdomen. In moderate doses mild aperient and alterative.

Specific Action

Reduces extra heat of various organs, deobstruent, tonic and febrifuge.

Medicinal Uses

Chicory leaves are considered to be unique in their compositional attributes for containing demulcent or febrifuge activity with warmness. Ingredients with such attributes are considered by Hakims to be dispersed over the surface of leaves and washing leaves before use may take away or lose this specific composition and thus such quality. Leaves are therefore forbidden to be washed before use. Leaves bruised with sandal wood or oil and applied to the forehead relieves headache of warm origin. In ophthalmia with vinegar and aqua rose applied around the eyes. With barley flour applied in rheumatism, arthritis and gout which are due to excess warm humours, in liver and stomach inflammations desirable herbs are made into paste in Chicory water for application. With mulberry syrup administered in visceral inflammations and to resolve inflammations of liver, stomach and spleen. Similarly in liver and spleen obstructions, jaundice, dropsy, to allay irritation and to allay heat given with honey vinegar syrup (Sikanjbin) to improve functional capability of stomach and as diuretic and antiseptic for ureter. Chicory root is administered in dyspepsia and fever, colours the water more or less brown.

Compound Preparations

Ma'jun Dabidul ward, sherbet Kasni, Jawarish Mastagi Kalan, Hab Banafsha, Safuf Shahtarah, Safuf Fauladi, Sikanjbin Bazuri, Sherbet Bazuri Barid, Sherbet Bazuri Mo'tadil, Sherbet Dinar, Sherbet Kasus, Sherbet Mushil, Arq Biranjasif, Arq Shir Murakkab, Arq Kasni, Arq Maul jubn, Arq Maul Laham Mako Kasni wala, Arq Gazar Ambari, Arq Hara Bhara, Qurs Zarishk, Ma'jun Halila, Mufarreh Barid Sada, Mufarreh Mo'tadil.

Dosage

3-5 g. (seeds).

Corrigent

Sikanjbin (syrup of honey and vinegar), sugar and Viola odorata Linn. syrup (Sherbet Banafsha).

Tenedium

Foeniculum vulgare Miller. root (Bikh Badyan), Malva sylvestris Linn. leaves (Barg Khubazi) and Althaea officinalis Linn. leaves (Barg Khitmi).

Comments

Cichorium endivia Linn. known as Endive is regarded as closely related to C. intybus Linn., and is planted in some vegetable gardens. Chicory water is quite often prescribed for internal inflammations and to reduce heat. It is prepared

by concentrating the extract of green leaves over heat, and straining through thin cloth or sieve. Chicory resembles in its activity with that of Taraxacum officinale Weber. (Dandelion/ Dudhal). Chicory coffee prepared from fleshy dried older roots roasted and powdered does not floats on the surface like actual coffee, is dissolved earlier is soft and sinks well, used at times to substitute coffee. Dandelion is sometimes also referred as Jangli Kasni (Muzaffar Awan: Kitab al-Mufradat).

Cinnamomum cassia Blume

Family: **Lauraceae**
Arabic Name(s): Qirfa, Salikha
Urdu Name(s): Taj, Qarfa, Darchini
English Name(s): Cinnamon

Parts Used

Bark and essential oil.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aromatic, carminative, antispasmodic, stimulant, haemostatic, astringent, antiseptic, demulcent, refrigerant.

Specific Action

Carminative and aphrodisiac.

Medicinal Uses

Oil of cinnamon being carminative and antiseptic is prescribed in gastro-intestinal complaints such as dyspepsia and flatulence. As slightly astringent in diarrhoea and vomiting. The bark has specific action on the uterus and is given to promote parturition and to check uterine haemorrhages. It is also used as spice and as flavour in food and perfumes.

Externally applied it has absorbent and stimulant action, exerts sedative action on pain sites (locally anodyne) and exhilarant action on heart and brain. On respiratory organs exerts stimulating effects and thus brings expectoration, tonifies stomach and liver and causes astringency in intestines. It is also aphrodisiac stimulant and acts as diuretic and emmenagogue. Cinnamon is used extensively for flavouring mouth and to strengthen the gums in tooth powders. To relieve cough and asthma bark is bruised in honey and given in small doses as linctus, decoction also serves this purpose. To relieve headache which is due to

coldness bark is bruised in water and applied on the forehead. To bring menses, bark decoction is given under proper prescription.

Compound Preparations

Jawarish Ood Shirin, Hab-e-Amber Momiyaie, Dawaul Misk Mo'tadil Jawahardar (C. officinalis), Jawarish Tamar Hindi, Jawarish Jalinus, Jawarsih Zanjbil, Jawarish Shehr Yaran, Jawarish, Filafili, Jawarish Fawakih, Jawarish Kamuni Akbar, Jawarish Kamuni Mushil, Jawarish Mastagi Kalan, Ayarij Fiqra, Hab Saqmuniya, Hab Mumsik Surkh, Jawarish Kamuni Kabir, Safuf Basbasa, Safuf Shirin, Safuf Muhazzil, Lubub Saghir, Lubub Kabir, Lubub Mo'tadil, Ma'jun Talkh, Ma'jun Jalali, Ma'jun Jiryan Khas, Ma'jun Jalinus Lului, Ma'jun Chob Chini, Ma'jun Supari Pak, Ma'jun Ser Alvi Khan, Ma'jun Ushba, Ma'jun Filasfa, Mufarreh Kabir.

Dosage

2 to 3 g.

Corrigent

Cochlospermum religiosum (L.) Alston (Gum Tragacanth) and Valeriana walichii DC. (Asarun/Tagar).

Tenedium

Tezpat (Cinnamomum tamala Nees and Eberm.)

Comments

In large doses it may cause irritation.

Cinnamomum camphora Nees & Eberm.

Family: **Lauraceae**
Arabic Name(s): Kapur, Kasfura, Kasia Kafur
Urdu Name(s): Kafur, Kapur
English Name(s): Camphor

Parts Used

Above ground parts, leaves, fruits, bark, the sublimed product (camphor) and camphor oil.

Quality/Temperament

Cold and dry in third order.

Functions and Properties (Pharmacological Actions)

Coolant, slightly expectorant, sedative, anodyne, antispasmodic, antiseptic, carminative and aphrodisiac. It stimulates the CNS, heart, respiration and vasomotor ganglia. Stimulates uterus and increases menstrual flow as well as acts as promoter of perspiration.

Specific Action

Coolant (locally), antiseptic, local anaesthetic.

Medicinal Uses

Camphor is externally used as an antiseptic, coolant and local anaesthetic. Its liniment is advantageous in sprains, bruises, and rheumatic pains. Internally it reduces heat due to temperatures, given in cough, bronchitis and whooping cough and as antispasmodic in certain conditions (especially asthma), hysteria, epilepsy and dysmenorrhoea. In coriandrum extract applied as drops it relieves epistaxis, it is also useful in earache. Camphorated parachlorphenol has antibacterial properties and is used in the treatment of infected root canals.

Compound Preparations

Qurs Tabashir Kafuri, Arq Ajeeb, Qars Sartan Kafuri, Hamdard Balm, Hab Paichish, Halwai Supari Pak, Hamdard Herbal Ointment, Dawai Ishal-i-Atfal, Binger, Roghan Kafur, Safuf Barg Hina Wala, Safuf Tabashir, Safuf Longa, Arq Kafur, Mufarreh Shaikh ul-Rais, Mufarreh Mo'tadil, Mufarreh Yaquti Mo'tadil.

Dosage

125 mg.

Corrigent

Mushk (Moschus mochiferus Linn.), Rose petals preserve, Amber, Oleum Iris, Jand bed Satr (Castoreum), Viola odorata Linn.

Tenedium

Tabashir (Bambusa arundinaceum Retz.), Sandal (Santalum spp.).

Comments

People with cold temperament are at risk. Large doses may produce nausea and vomiting, gastro-enteritis, convulsions, depression of heart, cold sweat, coma and even death. Long-term use or large doses may cause sexual debility temporarily.

Cinnamomum tamala (Ham.) Nees & Eberm.

Syn.: C. tamala Nees & Eberm.
Family: **Lauraceae**
Arabic Name(s): Lazan
Urdu Name(s): Tezpat, Tamala Patar, Sazij Hindi
English Name(s): Cinnamon leaves

Parts Used

Leaves.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Carminative (relieve flatulence), exhilarant, stimulant, diuretic, emmenagogue, diaphoretic, lactagogue, deobstruent, antiseptic, resolvent of cold inflammations and detersive.

Specific Action

Carminative, antiflatulent, diuretic, exhilarant.

Medicinal Uses

As an effective exhilarant cinnamon leaves are given in cardiac ailments like palpitation, cardialgia and cardiac debility. Prescribed largely in preparations used to relieve melancholia, insanity and relevant cephalic problems. In stomach debility, indigestion, stomach ache and intestinal colic, as well as to resolve gaseous tension in the uterus. Having made a paste in vinegar and applied over the lower abdominal region it acts as effective diuretic and emmenagogue. To dissolve cold inflammations and swelling, it is applied locally. To keep the clothes with appreciable aroma, leaves are kept in clothes; to get rid of obnoxious oral odour, leaves are chewed as masticatory.

Compound Preparations

Ma'jun Kalkalanj, Jawarish Shahr Yaran, Basliqun Kabir, Khamira Abresham Hakim Arshad wala, Sherbet Gaozaban, Sherbet Mawaiz, Sherbet Nankhwah, Arq Amber, Arq Faulad, Ma'jun Khadar, Ma'jun Muqil, Naushdaroo-i-Lului.

Dosage

2 to 4 g. (in decoction).

Corrigent

Mastagi (Pistacia lentiscus Linn.) and syrup of Cydonia vulgaris
Linn. (Bihi).

Tenedium

Taj (Cinnamomum cassia Blume), Darchini (Cinnamomum zeylanicum Blume) and Sunbul-at-Teeb (Valeriana officinalis Linn.).

Comments

Overdose may produce harmful effects on kidneys, lungs and urinary bladder.

Citrullus colocynthis (L.) Schard.

Syn.: Cucumis colocynthis Linn.
Family: **Cucurbitaceae**
Arabic Name(s): Hanzal
Urdu Name(s): Hanzal, Indrain, Kharpaza Talkh, Tumma, Toh, Hanzal, Kulkushta
English Name(s): Colocynth

Parts Used

Epicarp of fruit (pulp deprived of rind).

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Purgative of phlegm and atrabile (hydrogogue cathartic), resolvent, ecbolic (abortifacient), antiflatulent, antiepileptic, anticatarrhal, antidropsical, antirheumatic, diuretic, expectorant, alterative.

Specific Action

Drastic purgative/hydrogogue cathartic, abortifacient.

Medicinal Uses

Dried pulp of the bitter fruit of colocynth is used as hydrogogue purgative for the chronic constipation which is due to liver debility or disorders, extensively employed in ascites and jaundice and in various uterine disorders particularly amenorrhoea. It drives away excess of malhumours like phlegm and atrabile therefore proves useful in biliousness, fevers (due to obstructions), intestinal parasites, hepatic, abdominal, visceral and cerebral congestion. In asthma, rheumatism, sciatica, gout, paralysis, facial paralysis, leprosy, elephantiasis, epilepsy, normal doses are given keeping an eye on the patients' response and body weight, otherwise less than minimum doses are administered which also prove useful in colic and unidentified neuralgic complications in addition to above mentioned disorders. Prescribed as vaginal suppository to procure abortion. A paste of root is applied to enlarged abdomen of children (and in ascites). The powder of root is useful as anthelmintic and insecticide. Root or fruit is useful as anthelmintic and insecticide. Root or fruit rubbed into paste and applied over boils and pimples gives relief. As its oral use may cause griping and colic therefore it is a common practice to administer it along with its corrigents (gum katira and almond oil).

Compound Preparations

Hab-Ayaraj, Itrifal Deedan.

Dosage

1 to 2 g.

Corrigent

Cochlospermum gossypium DC. and almond oil.

Tenedium

For diarrhoea Aloe spp., as purgative Cassia fistula Linn. Oil of Ricinus communis Linn. (as ecbolic) as well as oil of Gossypium (cotton) spp. As insecticide Embelia ribes Burm.

Comments

It is a well-known abortifacient, therefore must not be prescribed in pregnancy (all stages) or in irritable conditions of the intestinal canal.

Citrullus lanatus (Thunb.) Mansf.

Syn.: Citrullus vulgaris Schrad.
Family: **Cucurbitaceae**
Arabic Name(s): Batikh Hindi
Urdu Name(s): Tarbuz, Dhoana, Hindwana
English Name(s): Water Melon

Parts Used

Fruit and seeds.

Quality/Temperament

Cold and moist in second order.

Functions and Properties (Pharmacological Actions)

Fruit cooling and febrifuge, effective against thirst and water loss from the body, body heat, as antibilious and refrigerant reducing blood heat, diuretic, emollient, sedative. Seeds fattening, demulcent for thoracic region.

Specific Action

Cooling, diuretic. Seeds fattening, demulcent.

Medicinal Uses

Water Melon (Fruit) is useful coolant, refrigerant in summer season, demulcent for excess bile and good against thirst in polydipsia, inflammations in stomach, fevers of warm origin, bilious and periodic. The juice is included in compound preparations prescribed in phthisis and tuberculosis as well as in dry cough. With cumin and sugar the juice is used as

cooling drink in strangury and gonorrhoea especially when taken with citrus juice syrup (sikanjbin) it acts as effective diuretic and improves function of kidneys and urinary bladder. Also relieves hepatic congestion, intestinal catarrh, symptoms of jaundice, kidneys and bladder stones or obstructions. The ripe fruit is also effective in bilious diarrhoea, intestinal mucous membrane excoriation or enteritis.

Seeds are moist coolant and fattening tonic for body used in all those situations where fruit is recommended, in hoarseness, cough due to warmness in thoracic region, haemoptysis, dryness in brain and insomnia,
seeds in suitable vehicle are applied or given orally.

Compound Preparations

Laooq Aab Tarbuz Wala, Halwa-i-Badam, Roghan Lubub Saba'a, Sherbet Bazuri Barid, Arq Fawakih, Lubub Barid, Ma'jun Hamal Ambari Alvi Khani, Ma'jun Murawweh ul-Arwah.

Dosage

Seed 3-7 g., fruits as desired.

Corrigent

Piper nigrum Linn., honey and rose petals sweet preserve (Gulqand).

Tenedium

Benincasa hispida (Thunb.) Cogn, Syn. Cucurbita hispida Thunb., Benincasa cerifera Savi (Petha); as killer of worms in wounds Embelia ribes Burm. (Baobarang).

Comments

Hakims consider water melon fruit's use as appropriate before the meals and it is considered that taking after the meal it may cause food poisoning. Praecitrullus fistulosus (Stocks) Pangalo. Syn. Citrullus vulgaris Schrad. var. fistulosus (tinda) leaves are
much like that of water melon.

Citrus aurantifolia (Christman) Swingle
Citrus limon (Linn.) Burm f.

Family: **Rutaceae**
Arabic Name(s): Lemun, Naranj
Urdu Name(s): Limun, Nibu, Nimbu
English Name(s): Lemon

Parts Used

Rind of fruit and juice, as well as dried extract as powder (Sat Limun).

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Aromatic, stimulant, stomachic, refrigerant, carminative, antibilious, antiscorbutic. Useful in gastric irritabilities and bilious affections, hepatoprotective.

Specific Action

Antibilious, hepatoprotective.

Medicinal Uses

Lemon is commonly used as fruit in pickles, and in juice. The infusion is used in dyspepsia and flatulence, juice checks vomiting and bilious diarrhoea. It is used to prevent scurvy, employed in nervous and hysterical complaints. It is an excellent tonic and beneficial for invalids, especially those suffering from anaemia, hepatic, cardiac, gums and teeth troubles.

Compound Preparations

Hab Lemon, Jawarish Shahinshahi Ambareen, Lahmina, Sikanjbin Lemoni, Tutiya-i-Kabir, Qurs Kabid Naushadri (Sat-Limun), Sikanjbin Sada, Dayaquza, Jawarish Safarjali Qabiz, Jawarish Anarain, Itrifal Kabir.

Dosage

1-6 g.

Corrigent

Honey and sugar.

Tenedium

Orange and other citrus fruits.

Comments

The oil in large doses may produce violent colic and convulsions particularly in persons with warm temperament. Continuous use of juice in salad or in other forms may harm throat particularly to individuals of warm temperament.

Clitoria ternatea Linn.

Family: **Papilionaceae**
Arabic Name(s): Battikh, Battikh Hindi
Urdu Name(s): Mazariyun Hindi, Aprajitah, Aprajit
English Name(s): Indian mezereon

Parts Used

Root, root bark, seeds and flowers.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

The root is aperient, diuretic, acts as demulcent (in irritation of the bladder and urethra). In doses of 3-7 grams approximately, it acts at the same time as a diuretic and (in some cases) as laxative. Seeds have powerful cathartic action like that of jalap. Like Daphne mazereum (haftbarg) it is also regarded as detersive. Externally useful against chronic skin ailments.

Specific Action

Internally cathartic (aperient), resolvent, externally useful against chronic skin ailments (as detersive).

Medicinal Uses

Like the Arabian (Mazariyun), Clitoria ternatea has the approximate attributes of Daphne mazereum Linn. Used as cathartic and detersive. Of great benefit in getting rid of intestinal worms. The parts of plant have been used in combination with other diuretics and laxatives in ascites and enlargement of the abdominal viscera. (The true Mazereon is useful against anasarca). The use of root in croup (given with the object of causing nausea and vomiting) has also been mentioned. The juice of the root has been reported to remove phlegm in chronic bronchitis. A syrup of deep blue flowers is recommended as cooling agent (and a tincture as substitute for litmus).

Compound Preparations

Sherbet or Safuf Mazariyun along with Swertia chirata Buch & Ham. and Iris ensata Thunb.

Dosage

1-1.5 g. (approximately). Infusion: 30-60 g. (approximately); Decoction: 30-60 g. (approximately); compound powder and juice of roots and leaves with same dosage regimen.

Corrigent

Almond oil (to be fried in Almond oil).

Tenedium

Iris ensata Thunb. and the leaves of Clitoria ternatea Linn.

Comments

It shares near about all the medicinal attributes of true Mazereon (Daphne mazereum Linn.). Large doses may cause nausea and

vomiting. Prolong use or large doses described as harmful to people with warm temperament.

Cochlospermum gossypium DC.
Cochlospermum religiosum (L.) Alston

Family: **Cochlospermaceae**
Arabic Name(s): Samagh ul Qitad Qitad, Qujah
Urdu Name(s): Katira, Gond Katira, Katela
English Name(s): Tragacanth

Parts Used

Gum.

Quality/Temperament

Cold and dry in second order/Balanced in coldness and warmness and moist in first order.

Functions and Properties (Pharmacological Actions)

Glutinous, demulcent, astringent, emollient and styptic. Internally useful in alleviating inflammations and abnormal heat. Cooling, sedative, stomachic, leaves and flowers stimulant.

Specific Action

Styptic, demulcent, and corrigent.

Medicinal Uses

For normalizing the blood heat, irritation of eyes and for making the skin soft the tragacanth gum is included in syrups and other household items used as refrigerant. As corrective included in purgative compound preparations. In haemoptysis and complaints (or diseases) of thoracic region it is added in goat's milk and given as linctus. The gum is sweetish, good for use in gonorrhoea, syphilis, asthma, eye troubles, hoarse throat and cough due to warm abnormal temperamental states. In scalding urine, diarrhoea and dysentery the gum is mixed with curd or whey gives great benefit. Young leaves are used to make a cooling wash for hair.

Compound Preparations

Laooq Sapistan, Sherbet Aijaz, Qarahine, Itrifal Zamani, Tiryaq-i-Masana, Tiryaq-i-Nazla, Hab-Shabyar, Hab Lubul-Khashkhash, Hab-Nazla, Dayaquza, Safuf Mushil.

Dosage

1-3 g. (approximately).

Corrigent

Pimpinella anisum Linn. (Anisun).

Tenedium

Samagh Arabi (Gum Acacia).

Comments

Continuous use or large doses may give rise to obstructions in flow of blood (circulation).

Cocos nucifera Linn.
Lodoicea seychellarum Labill
Lodoicea maldivicia Pers.

Family: **Palmae**
Arabic Name(s): Narjil, Malakul Ashjar, Baranj
Urdu Name(s): Nariyal, Khopra, Koprah, Donghi
English Name(s): Coconut, Coconut Palm

Parts Used

Fruits/nuts, root, oil, leaves.

Quality/Temperament

Compound temperament (Murakkab al-Quwa)

Functions and Properties (Pharmacological Actions)

Nutritious, tonic, stomachic, alexipharmic (antidotal), preservative, useful emetic in cholera, aphrodisiac.

S
pecific Action

Alexipharmic, preservative, aphrodisiac.

Medicinal Uses

Water of unripe coconut palm fruit is fine-flavoured, cooling, refrigerant drink, useful in thirst, fever and urinary disorders.The tender pulp of the coconut is said to be nourishing, cooling and diuretic. Pulp of ripe fruit is hard but used medicinally in tonifying preparations. Root is used as diuretic, and in uterine disorders. Oil promotes hair growth and prevent premature greying so, much used by native women and men frequently. Ashes of leaves used in medicine contains much potash. The anthelmintic properties of coconut have also been confirmed. The nut is useful in digestion, diarrhoea and for the relief of colic. Regarded as useful in reducing the quantity of sugar in urine in patients suffering from diabetes mellitus particularly when given in decoction in doses of 30 Ozs. (thrice a day). In cholera the (grinded) pulp along with other suitable medicines in aqua

rose is effective as emetic and alexipharmic. Administration is kept continued until all the toxicity is relieved and thirst comes to decline. In fevers due to phlegmatic or atrabilious disorders grinded pulp in suitable vehicle is useful.

Compound Preparations

Mixed as such in Halwa preparation or its oil is used in many compound preparations. Hab-e-Jawahar, Hab-e-Zehr Mohra, Halwai-Gazar, Maghz Sar-i-Kunjashkwala, M`ajun Shir Bargadh Wali, M`ajun Filasfa, Hab-e-Jadwar, M`ajun Ruh-al-Mominin, M`ajun Kalan, M`ajun Murawweh ul-Arwah, M`ajun Musli Pak, M`ajun Nisyan.

Dosage

0.5-1.0 g. grinded (approximately), raw 24-36 g. (approximately).

Corrigent

Rosa damascena Mill.; milk, cane sugar.

Tenedium

Dry fruits like Pistacia vera Linn., Pinus gerardiana Wall ex Lamb. (chilghoza), Juglans regia Linn. in equal weight.

Comments

The prolonged use has not been advised for it may cause disturbance of digestive organs and the process. The nutritional item finds frequent use in application and systemically, however due to its alexipharmic activity, its medical use is not advised to be of longer duration.

Colchicum autumnale Linn.(Sweet variety)
Colchicum luteum Baker (Bitter variety)

Family:	**Liliaceae**
Arabic Name(s):	Suranjan
Urdu Name(s):	Suranjan shireen (Sweet), Suranjan Talkh (bitter)
English Name(s):	Colchicum, Hermodactyls

Parts Used

Root or tubers.

Quality/Temperament

Colchicum autumnale Linn. (Corms) warm and dry in second order with moistness; C. luteum Baker (Corms) warm and dry in third order.

Functions and Properties (Pharmacological Actions)

C. autumnale Linn. (Corms) or the tasteless hermodactyls possess resolvent (for inflammation), sedative and soporific, antiphlegmatic, purgative, concoctive (i.e. maturative) and desiccant virtues. Used internally as well as externally.

C. luteum Baker (Corms) or the bitter hermodactyls are locally irritant, exert depressant effect on the nervous system, emetic, resolvent of inflammations and anodyne effects. Particularly useful as antirheumatic and antigout. Internally possess purgative attributes. Externally cicatrizing.

Specific Action

The corms in general are effective antispasmodic for affections due to cold phlegmatic and atrabilious humours i.e. as antirheumatic and to allay pain in arthritis and gout.

Medicinal Uses

Colchicum root or tuber is used as alterative and aperient, for getting rid of cold malhumours excess through purgation. The corms in recommended doses are useful for extracting all kinds of phlegm present in any part of the body. Act as deobstruent and resolvent and allay pain in sciatica, rheumatism, arthritis and gout, as well as those nervous conditions where spasmodic attacks are diagnosed. Due to its depressant action prescribed doses are strictly followed where the corms are powdered with saffron and then applied on the swollen, inflamed and painful parts. C. luteum Baker being local irritant and emetic is mostly applied mixed after being powdered in some suitable oil (of flowers like Rosa damascena Mill.). The powdered corms if sprinkled over the wounds, promote cicatrization.

Compound Preparations

Ma'jun Suranjan, Hab Suranjan, Roghan Waja'ul-Mafasil, Ma'jun Chob Chini, Safuf Suranjan, Ma'jun Khadar, Lubub Barid, Lubub Kabir, Ma'jun Shir Bargadhwali, Ma'jun Murawwehul-Arwah, Roghan Suranjan, Roghan Gul-e-Aakh.

Dosage

25 mg. (approximately).

Corrigent

For Colchicum luteum Baker Piper nigrum Linn. (Black pepper) and Zingiber officinale Roscoe. (Ginger). For C. autumnale Linn. Saffron (Crocus sativus Linn.) and Cochlospermum religiosum (L.) Alston (gum).

Tenedium

Colchicum luteum Baker for C. autumnale Linn. and for C. luteum Baker, Narcissus tazetta Linn. (the true Narcissus sliced bulb).

Comments

Colchicum luteum Baker corms have bitter taste, smaller size, darker colour and reticulate appearance. Its internal use is suggested only in serious attacks of pain in skeletal parts, joints, etc., however finds frequent use in external/local applications where its potential is regarded as superior to C. autumnale Linn. The corms have anti-inflammatory, analgesic and purgative action in contrast with salicylic acid containing herbs which exert anti-inflammatory, analgesic and diuretic actions. Excessive use may cause erosion of the mucous membranes.

Coleus aromaticus Benth.

Syn.: Coleus aromaticus Loureiro

Coleus. forsskohlii (Willd.) Brig.

Syn.: C. barbatus (Andr.) Benth., Plectranthus forskohlii Willd.
Family: **Labiatae/Lamiaceae**
Arabic Name(s): Kaserul Hajr
Urdu Name(s): Pathar Chatta, Pathri Tor, Patharchur
English Name(s): Country Borage

Parts Used

Leaves.

Quality/Temperament

Warm and dry in second order/compound temperament (Murakkab al-Quwa).

Functions and Properties (Pharmacological Actions)

Powerful diuretic, lithontriptic, expel obstructions from kidney and urinary bladder.

Specific Action

Diuretic, resolvent, lithontriptic (for kidney stones).

Medicinal Uses

Country borage leaves alone, or with other diuretic herbal products bruised with sugar candy or diuretic syrups (like Sherbet Bazuri) administered under prescription bring requisite diuresis, dissolve the obstructions in kidneys and

bladder and expel them with urine. Thus prove effective against oedema due to retention of urine, colic, asthma, chronic cough, gonorrhoea, piles, dyspepsia. Leaves bruised and applied on head relieve headache. Expressed juice applied around the eye-orbit reduces optic pressure and proves beneficial in conjunctivitis. Also reduces fever and convulsions due to urinary troubles.

Compound Preparations

Usually used as aqueous extract or fresh along with other herbs.

Dosage

5-12 g. (approximately).

Corrigent

Decoction of Dolichos biflorus Linn.

Tenedium

Dolichos biflorus Linn. (Hab al-Qilt). Saxifraga ligulata Wall. (Pakhan bed) and Jews stone (Hajral-Yahud).

Comments

May affect the functions of prostate glands, large doses may cause irritation in the urogenital organs.

Commiphora myrrha (Nees) Engler

Syn.: Balsamodendron myrrha Nees
Family: **Burseraceae**
Arabic Name(s): Murr
Urdu Name(s): Mur Maki, Myrrh, Bol
English Name(s): Myrrh

Parts Used

Gum resin.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Antiseptic, astringent (to mucous membranes), desiccative, detersive, anti-inflammatory and resolvent, carminative, stomach tonic, emmenagogue, stimulating, expectorant, deobstruent, anticholesterolemic, lipolytic, anthelmintic.

Specific Action

Anti-inflammatory, expectorant, anthelmintic.

Medicinal Uses

Gum myrrh mixed with equal parts of honey and rose water used as mouth wash and for administration in stomatitis and gingivitis, thrush and in diphtheria with glycerin applied every one or two hours. Being stimulating expectorant administered in suitable preparations in chest affections especially in asthma, bronchitis, phthisis, hoarseness in throat and voice as well as in pain of the pelvic region. Its resolvent action makes it effective in rheumatic pains, gout and sciatica where it is given internally as well as applied in suitable local preparations desirably under cover. To resolve phlegmatic inflammatory complaints it is thus applied and administered. As antiseptic prophylactic it is made with other suitable drugs in pills and administered in recommended doses under prescription as well. As safe desiccative, detersive and resolvent dissolved in milk and dropped in eyes to have useful effects against purulent ophthalmia and weak eyesight. With rhubarb and Ipomoea haderacea (L.) Jacq. given to stimulate appetite, as stomachic and mild laxative. Gum from its tenedium (C. mukul Engl.) possess anticholesterolemic, lipolytic and anti-inflammatory effects with interesting observation of lessening extra fat exerting no side effect even when used for long duration.

Compound Preparations

Tiryaq Arbaah, Tiryaq Samaniah, Hab Mudir, Tiryaq Nazla, Hab Momiyai Sada, Hab Mi'a, Roghan Kalan, Qurs Musallas, Marham Rusul.

Dosage

1-2 g. (approximately).

Corrigent

Honey and cold and moist articles.

Tenedium

Commiphora mukul Engl. (muqil) gum resin, in oral complaints Saussurea lappa (Decn.) Sch. (qust), and dried secretion from the testes of Castoreum (Jand-baidastar).

Comments

The gum is widely adulterated with that from Commiphora mukul Engl. Being antiseptic used with suitable prophylactic preparations against epidemics. Myrrh is also obtained from Commiphora molmol Engl. or C. abyssinica Engl.

Commiphora stocksiana Engler

Syn.: Balsamodendron pubescens Stocks
Family: **Burseraceae**
Arabic Name(s): Samaghul Murr
Urdu Name(s): Balsan, Gugar
English Name(s): Balsam

Parts Used

Wood, fruit, and gum.

Quality/Temperament

Warm and dry in third order/warm in third order, dry in second.

Functions and Properties (Pharmacological Actions)

Detersive, aperient, demulcent, resolvent of inflammations, concoctive, expectorant and laxative for phlegm, antispasmodic, uterine stimulant, emmenagogue, useful antiseptic for skin, especially for excoriations, bitter stomachic and carminative, stimulating appetite and improve digestion, diaphoretic, diuretic, antisuppurative and aphrodisiac, antihaemorrhoids, styptic and lithontriptic. Particularly useful against affections of cold origin.

Specific Action

Resolvent of inflammations and hard swellings (locally or systemically), antiphlegmatic, styptic and antihaemorrhoidal.

Medicinal Uses

Balsam being an effective resolvent used in all kinds of inflammations, hard swellings and for viscera (abdominal, thoracic, pelvic), in scrofula and plague (glandular swellings) the gum is applied over the affected parts. Useful in rheumatism internally and externally, also for indolent ulcers and bad wounds, as gargles in gum complaints, tonsillitis, pharyngitis and ulcerated throat. In chronic dyspepsia, chronic catarrh of the bowels, it is a useful application, against diarrhoea, abdominal discomfort, to stimulate expectoration, to alleviate laryngitis, bronchitis, pneumonia and whooping cough, to relieve nervous pains, chronic endometritis, amenorrhoea and menorrhagia, in large doses for leucorrhoea. For piles it is a useful drug and added in warm purgative preparations to protect irritations of internal membranes. As emmenagogue and aphrodisiac included in relevant formulations at large.

Compound Preparations

Jawarish Jalinus, Jawarish Khuzi, Ma'jun Dabidul Ward, Hab Muqil, Itrifal Muqil, Tiryaq-i-Faruq, Hab Khabs al-Hadid, Hab Jograj Gugal, Hab Rasaut, Hab Shabyar, Roghan Kalan, Ma'jun Jograj Gugal, Zimad Bawasir, Zimad Kibrit, Murakkabi, Marham Ushaq, Marham Rusul, Ma'jun Muqil.

Dosage

Gum 1 to 3 g., fruit and wood 3 to 5 g. (approximately).

Corrigent

Saffron and tragacanth.

Tenedium

Aloes (yellow type), gum myrrh.

Comments

Extra large doses or prolonged duration use may cause obstructions and harm to lungs and liver.

Commiphora wightii (Arnold) Bhand.

Syn.:	Commiphora mukul (Hk. f. ex Stocks) Engler. Balsamodendron wightii Arn., Balsamodendron mukul Hk. ex Stocks
Family:	**Burseraceae**
Arabic Name(s):	Muql Azraq, Muql Saghalibi
Urdu Name(s):	Muql, Gugal, Boē-Jahudan, Gugar
English Name(s):	Salai tree, Gum-gugal

Parts Used

Gum.

Quality/Temperament

Warm and dry in third order; warm in third order, dry in second order.

Functions and Properties (Pharmacological Actions)

Resolvent, emollient, suppurative and laxative of phlegm, expectorant (of phlegm), detersive, carminative, antihaemorrhagic and good for piles, diuretic and emmenagogue, calorific and antihaemorrhagic in haemoptysis.

Specific Action

Resolvent of inflammations, good for (bleeding) piles.

Medicinal Uses

For internal and apparent hard swellings and inflammations the gum of Mukul is administered systemically and applied externally, for ulcers and glandular swellings (like in plague) gum act as suppurative, concoctive and resolvent. Being suppurative and laxative it is active against cold phlegmatic disorders e.g. paralysis, rheumatism, gout and sciatica and being expectorant (of phlegm) useful against phlegmatic asthma, in haemoptysis acts as styptic and to resolve flatulence and impart toxicity to stomach as well as to tonify sexual organs the gum is extensively used. In bleeding piles and chronic dyspepsia gum is used systemically with other suitable ingredients and as well applied locally. To prevent excoriation i.e. expected to be caused by warm preparations in intestines it is added in such compound drugs (as corrective). Being detersive effective against ringworm alone or with other active articles. For the commencement of menses and to draw out placenta, administered internally (as syrup-Sherbet) or as pessary (suppository) it is an effective remedy to bring safe results.

Compound Preparations

Hab Muqil, Zimad Bawasir, Marham Ushaq, Itrifal Muqil Jograj, Ma'jun Jograj Gugal.

Dosage

1 g.

Corrigent

Zafran (Crocus sativus Linn.), Katira (Cochlospermum religiosum (L.) Alston.

Tenedium

Myrrh (Balsamodendron myrrha T. Nees.), and Aloes.

Comments

Commiphora wightii (Arnold) Bhand. exhibit adverse affect on placenta.

Conium maculatum Linn.

Family: **Umbelliferae/Apiaceae**
Arabic Name(s): Shukran, Khashal, Khishal
Urdu Name(s): Qonyun, Kurdmana
English Name(s): Hemlock

Parts Used

Leaves, fruits, flowers and the roots.

Quality/Temperament

Cold and dry in fourth order/cold in fourth order, dry in second (toxic).

Functions and Properties (Pharmacological Actions)

Internally highly toxic, therefore mostly applied locally it exerts anaesthetic, anodyne, analgesic and antispasmodic effects. Desiccative for secretion of milk if applied over the breasts, applied on abdomen it acts as antidiarrhoeal, also acts as desiccative for semen thus restricts its amount and acts as avoricious, hypnotic and narcotic.

Specific Action

Sedative, hypnotic, antispermatorrhoeal, desiccative, local anaesthetic.

Medicinal Uses

In rheumatism and arthritis of warm origin, herpes, carbuncles, anthrax, erysipelas and ocular tension or pain in the eyes, as embrocation or liniment applied to allay the pain as anaesthetic and sedative. To dry the excessive secretion of milk applied as paste over the breasts. To stop loose motions applied over the abdomen and to stop epistaxis applied over the forehead. Being antispasmodic and sedative given with suitable medicines in infantile convulsions, chorea and tremors, paralysis, hemiplegia and whooping cough. Given with other aphrodisiac medicines as avoricious. All the parts of plant are regarded as highly toxic. It has the tendency to paralyze the ends of motor nerves and of the vagus like curare, and afterwards paralyses the motor centres in the brain and spinal cord. In the end it may cause death by paralyzing the respiratory muscles. However it finds use as neurotic in painful affections of the skin and as retentive desiccant of semen.

Compound Preparations

In highly diluted dosage along with Tamarix spp.

Dosage

Not exceeding 125-250 mg. (6 g. or more are fatal).

Corrigent

Artemisia absinthium Linn., castoreum., Piper nigrum Linn.

Tenedium

Hyoscyamus niger Linn.

Comments

It produces paralysis of motor nerve termination and stimulation, thereafter depression of central nervous system.

The plant (root) is considered to be the celebrated Athenian State Poison by which Socrates died and the Cicuta of the Romans. Poisoning by hemlock has been described very correctly in history with its termination (of toxic effect) by convulsions and failure of respiration. Adversely affects the eyesight and produces convulsions and diphtheria. Advised to be detoxified before use.

Convolvulus scammonia Linn.

Family: **Convolvulaceae**
Arabic Name(s): Saqmunia Mehmudah
Urdu Name(s): Saqmunia, Mehmudah, Mahmooda
English Name(s): Scammony

Parts Used

Resin from the rhizomes.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Hydragogue cathartic, resolvent, expectorant and purgative, antibilious, absorbent, irritant, anthelmintic, stomach and liver tonic. Externally detersive and resolvent.

Specific Action

Hydragogue cathartic, antibilious and antiphlegmatic, abortifacient.

Medicinal Uses

Scammony exerts its effect when it reaches in the duodenum mixes with excess bile and takes away bile due to its cathartic action, brings lose stools, in more than recommended doses may cause irritation in and excoriation of the mucous membranes of the alimentary canal. Scammony improves the action of other purgatives and also exerts anthelmintic effect but this effect is not as prominent as other vermifuges, however possesses stomach and liver tonic effects in small doses. In large doses orally and as suppository acts as abortifacient in prescribed doses. Regarded as effective in dropsy, apoplexy, and chronic constipation. As anthelmintic administered with Operculina turpethum (L.) Silva Manso (turbad). As hydragogue cathartic its action is observed approximately after four hours where purgation is associated with colic, however stools do not carry blood and the action is said to be local. (Care must be taken in following the dose regimen prescribed by the

physician (Hakim). As a rule detoxified product should be used with suitable corrigent).

Compound Preparations

Itrifal Zamani, Itrifal Mullayyan, Qars Mullayyan, Jawarish Safarjali Mushil, Jawarish Shehr Yaran, Hab Banafsha, Hab Saqmuniya, Safuf Suranjan, Qurs Didan, Qurs Mushil, Ma'jun Anjir, Ma'jun Talkh, Ma'jun Suranjan.

Dosage

125 mg.

Corrigent

Rosa damascena Mill. (Gulab).

Tenedium

Aloe barbadensis Mill. and Citrullus colocynthis (L.) Schrad.

Comments

The resin is used after making it detoxified (the easy process includes making an apple hollow inside in which scammony be kept and the hole is filled with apple's part priorly taken out to make the hole. Apple is then covered with wheat flour made into paste with water and kept in gentle heat provided from all sides, may be in a furnace thermostat or oven. When the covering becomes reddish brown, then the apple is taken out, cut into half and detoxified scammony is used to make into requisite formulation). In individuals with light or soft temperament, even the apple in which scammony is detoxified may serve as cathartic.

Coptis teeta Wall.

Family:	**Ranunculaceae**
Arabic Name(s):	Mamiran, Mamizan
Urdu Name(s):	Mamiran, Mamira, Mahmiro
English Name(s):	Golden Thread Root

Parts Used

Roots.

Quality/Temperament

Warm and dry in second order/warm and dry in third order (Kabiruddin).

Functions and Properties (Pharmacological Actions)

Detersive, ophthalmic tonic (improves eyesight), carminative, diuretic, deobstruent and resolvent (in liver obstructions), bitter tonic.

Specific Action

Detersive and ophthalmic tonic.

Medicinal Uses

Either dried and finely powdered roots of Mamiran is applied as single drug or in such preparations in collyrium to alleviate opacity of the cornea, nebula and mecula, to improve the eyesight and to clear the eyes of dust particles. It is regarded as a non-toxic safe drug for local application as detersive and applied with vinegar and honey in vitiligo and leucoderma, to remove the marks left over on the skin after healing of cuts or wounds as well as to remove freckles. Applied as powder or in some suitable liniment. With Pimpinella anisum Linn. the root is bruised and administered as resolvent diuretic in obstructive jaundice. With other suitable drugs given in gonorrhoea. As bitter tonic it increases appetite, restores digestive function, removes flatulence and visceral obstructions therefore also proves effective in debility, convalescence following fevers, atonic dyspepsia and in mild cases of intermittent fevers. Paste made from the root in suitable vehicle is also applied on sores.

Compound Preparations

Basliqun Kabir, Safuf Mamiran, Kuhl al-Jawahir.

Dosage

1-2 g. (approximately).

Corrigent

Honey.

Tenedium

Curcuma longa Linn. (turmeric) and Balsamodendron myrrha Nees. (Myrrh).

Comments

The root possesses specific use in ophthalmic complaints like Cassia absus Linn. seeds, but not superior to C. absus Linn. (Chaksu). Sometimes adulterated in market with Picrorhiza spp. (Kutki) and Thalictrum foliolosum DC. root (which is also identified in English as Gold Thread).

Corchorus depressus (Linn.) Stocks

Syn.:	Antichorus depressus Linn., Corchorus antichorus Reausch.
Family:	**Tiliaceae**
Arabic Name(s):	Malukh
Urdu Name(s):	Bhon Phalli, Bophali, Bhuphali, Mandheri
English Name(s):	Corchorus

Parts Used

Above ground parts.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Viscous-aphrodisiac, sedative, diuretic and useful in gonorrhoea.

Specific Action

Viscous-aphrodisiac, sedative.

Medicinal Uses

Crescent type small pods and branches with leaves of Corchorus are dried and powdered mixed in sugar, administered with milk to treat premature ejaculation, to render the seminal fluid viscous, to cure spermatorrhoea and to help the body in formation of seminal fluid as well as to increase its quantity. The powdered herb exerts diuretic action and clears the urino-genital organs of obstructions or infection at the same time imparting functional strength to the urinary organs. Acts very effectively in reducing fever due to urino-genital organs infection and thus also proves useful in treating gonorrhoea when used alone or with other useful diuretics. Generally the herb is regarded as non-toxic, however described as not easily digestible and may cause flatulence.

Compound Preparations

Safuf Sa'alab, Safuf Jiryan.

Dosage

2-7 g.

Corrigent

Honey and brown sugar.

Tenedium

Infusion of the leaves and tender shoots of Corchorus capsularis Linn. (jute) and C. trilocularis Linn. (Trilocular Jew's Mallous or Paat).

Comments

Species grows wild in Sindh over dry and hard soil surface, plains and in graveyards. For medicinal use material is collected from those specimens in which branches and leaves seem older and fragile.

Corchorus fascicularis Lam.

Family: **Tiliaceae**
Arabic Name(s): Shajratal Moosa
Urdu Name(s): Haran Khari, Buphali, Laila Buti
English Name(s): Hoof

Parts Used

Above ground parts.

Quality/Temperament

Warm and dry in second order/warm and moist in second order.

Functions and Properties (Pharmacological Actions)

Blood purifier, resolvent and concoctive for inflammations and hard swellings, astringent and restorative, mucilaginous.

Specific Action

Blood purifier, concoctive, restorative.

Medicinal Uses

Above ground parts of this small procumbent woody plant are very mucilaginous and slightly astringent, valued much as restorative. The above ground parts with few numbers of Piper nigrum Linn. are ground in water and the diluted water in recommended dose is administered to relieve itching, scabies, pruritis, leprosy, syphilis etc. Sometimes also prescribed in gonorrhoea. Grounded and applied as paste on inflammations and swellings, it acts as anti-inflammatory and resolvent. Also being concoctive it ripens the blind ulcers and swellings and break them open through skin but it requires long-term continuous application as paste. Near about every part of the plant is bitter in taste and grows wild in sandy soil or in soil where Acer arietinum Linn. (Chana) is cultivated.

Compound Preparations

As Jawarish along with Sphaeranthus spp. and Chiraitah.

Dosage

9-12 g. (approximately).

Corrigent

Honey and Piper nigrum Linn.

Tenedium

Azadirachta indica A. Juss (Neem) leaves and ripe fruit pulp in skin affections.

Comments

In some areas of Punjab Corchorus capsularis Linn. (jute plant) is also known as Bawphal. Various other species of genus Corchorus e.g. C. depressus (L.) Stocks, C. aestauns L., C. olitorius L., C. tridens L. and C. trilocularis L. are wild in Karachi. Bhaphali is also the (Marathi) name for plant Peucedanum grande and must not be confused with Hiran Khori. Corchorus antichorus Raeusch. is also available under the name Hiran Khori.

Cordia dichotoma Forst.

C. Latifolia Roxb.

Cordia obliqua Willd. var. obliqua

Family: **Boraginaceae**
Arabic Name(s): Sapistan, Dibaka
Urdu Name(s): Sapistan, Lasora, Sabistan
English Name(s): Sebestan plum

Parts Used

Fruit.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Demulcent, aperient, lubricant and tonic, expectorant, refrigerant for warm temperatures.

Specific Action

Valuable expectorant for (dry) cough.

Medicinal Uses

Sapistan is a useful aperient for thoracic region. Emollient for pharynx and larynx and expectorant of phlegm and relevant catarrhs. Relieves the heat of (yellow) bile, added to the purgatives as corrective (corrigent) to lessen their heat. In bilious affections, dry cough, flu of warm origin, roughness (hoarseness) in pharynx and chest its mucilage is either taken directly or its infusion is made. It alleviates thirst and reduces irritation of urinary passages, clears the blood of extra phlegmatic stuff, irritation in alimentary canal and fever in hot season. Generally prescribed in bronchitis, phthisis, and in dry cough. Recommended for use in general debility and convalescence.

Compound Preparations

Laooq Sapistan, Joshanda, Dayaquza, Safuf Habis, Laooq Sapistan Khiyar Shanbari, Itrifal Zamani, Sherbet Arzani, Sherbet Zufah Murakkab, Sherbet Shafa, Arq Hara Bhara.

Dosage

9 to 15 Nos.

Corrigent

Zizyphus jujuba Linn. (Unnab) and leaves of Rosa damascena Mill. (Gulab).

Tenedium

Althaea officinalis Linn. (Khatmi), Cordia rothii Roen & Schult, C. dichotoma Forst. and C. gharaf (Forssk.) Ehren. are also used in place of C. latifolia Roxb.

Comments

Generally no known toxicity reported following the use of prescribed doses for recommended duration. However, described on long-term use as harmful in slowing down the process of digestion in stomach and liver.

Coriandrum sativum Linn.

Family:	**Umbelliferae /Apiaceae**
Arabic Name(s):	Kuzbara, Kuzbara Baladi
Urdu Name(s):	Dhanya, Kishneez, Dhaniya, Dhaneo
English Name(s):	Coriander

Parts Used

Fruits (seeds), and fresh green herb.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Aromatic, refrigerant, carminative, stomachic, antibilious, tonic, diuretic and antiseptic.

Fresh: Externally resolvent and sedative, internally sedative.

Dried: Externally sedative, internally cardiac refrigerant, carminative, antiflatulent.

Specific Action

Fresh: Carminative and antiflatulent. Dry (seeds): Cardiac refrigerant, antiflatulent.

Medicinal Uses

Coriander is generally used in gastrointestinal complaints such as dyspepsia, flatulence, vomiting and bilious affections. Prescribed in rheumatism, neuralgia, bleeding piles. Externally the seeds are used as poultice for ulcers and carbuncles. Also effective as an eye-wash.

Itrifal Kishnizi is a famous compound preparation administered to strengthen the retentive and active memory, to alleviate flatulence and headache due to gasses in the stomach, dry seeds extract in water is useful for checking diarrhoea.

Compound Preparations

Itrifal Kishnizi, Itrifal Zamani, Arq Amber, Itrifal Mundi, Jawarish Mastagi Kalan, Khamira Hamdard, Dawai-Gharghara, Roghan Kishneez, Dawaul Misk Mo'tadil Jawahardar, Khamira Gaozaban Ambari Jawahardar, Safuf Kalan, Sunun Kalan, Arq Gazar Ambari, Ma'jun Juzam, Ma'jun Sohag Sonth, Ma'jun Kalkalanj, Ma'jun Mundi, Mufarreh Barid Jawahar wali.

Dosage

5-7 g.

Corrigent

Sikanjbin (Lemon juice preparation) and honey.

Tenedium

Kahu (Lactuca scariola Linn.) L. sativa Linn. extract. Tukhm Khashkhash (Papaver somniferum Linn.) and leaves extract.

Comments

Continuous use of single herb preparation may cause sexual insufficiency (of temporary nature), may cause obstructions and exert adverse effects on memory.

Corylus avellana Linn.

Corylus jacquemontii Dcne.

Syn.: Corylus colurna (non Linn.) Hk. f.,

Corylus colurna Linn. var. lacera (Wall.) A.D.C.

Family: **Corylaceae / Betulaceae**
Arabic Name(s): Bandaq, Ailawish
Urdu Name(s): Findaq, Jaluz, Bindaq, Urni
English Name(s): Filber fruit/Filbert Hazel Nut

Parts Used

Nut.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Fattening, aphrodisiac, tonic for intestines and brain, expectorant.

Specific Action

Aphrodisiac and brain tonic.

Medicinal Uses

Corylus spp. fruit kernel easily divided into two halves, is effective when administered as single remedy or in compound formulations (as electuary) to procure tonic, weight increasing and antiphlegmatic effects in cold affections. It relieves the temporary cold affects on brain, kidneys and lungs. Mixed with honey administered in nasal catarrh and flu, in cough, bronchitis and asthma, it acts as expectorant in productive cough. Also the kernel (without peel) is mixed with black pepper bruised and slightly fried is given in upper respiratory tract catarrhal affections. It liquefies the phlegm and causes dilatation in the mucous membranes of the affected part of the body.

Compound Preparations

Lubub Kabir, Lubub Saghir, Halwa-i-Sa'lab, Halwa-i-Gazar Maghz Sar-i-Kunjashkwala, Hab-e-Mumsik Tilai, Lubub Mo'tadil, Ma'jun Kalan, Ma'jun Murawwehul-Arwah, Ma'jun Muqawwi wa Mumsik, Ma'jun Nisyan.

Dosage

6 g.

Corrigent

Sugar.

Tenedium

Pinus gerardiana Wall. ex Lamb. (seeds), and walnut (Juglans regia Linn.).

Comments

Corylus colurna Linn. is known as Turkish Hazel. It is different from Finduq-i-Hindi (which is Sapindus trifoliatus Linn., the Indian Filbert or Ritha). Large quantity of phosphorus present in the kernel is considered to make it effective against brain and skeletal weakness. Large quantities consumption or continuous use may cause headache.

Crocus sativus Linn.

Family: **Iridaceae**
Arabic Name(s): Zafaran, Kesar
Urdu Name(s): Zafran, Karkum
English Name(s): Saffron

Parts Used

Dried stigmas and tops of styles.

Quality/Temperament

Warm in second order, dry in the first.

Functions and Properties (Pharmacological Actions)

Aromatic, stimulant, stomachic, aphrodisiac, resolvent, detersive, antispasmodic, slightly anodyne, emmenagogue. Essential oil has slight stimulating action on the central nervous system (CNS). Included also as colouring and flavouring agent.

Specific Action

Stimulant, exhilarant, emmenagogue, corrective-corrigent for other drugs as well as substantiative.

Medicinal Uses

Saffron is used as food colour and flavouring agent. Medicinally it has astringent, resolvent and detersive actions. Tonic for major organs of the body, acts as vehicle for particular formulations to act more intensively with desired efficacy. To alleviate the inflammations of liver and uterus and as corrigent for such formulations which are applied locally. Included in triturated preparations used in eyes for strengthening eyesight. In aphrodisiac and emmenagogue preparations as well as to induce urination.

Used commonly in traditional medicines for flatulent colic, spasmodic asthma and cough. Owing to its essential oil contents, it is used in compounds prescribed for rheumatism and neuralgic pains. Pessaries of saffron are used in painful affections of the uterus. It has also diuretic action for the kidneys and stigmas kept in the urinary meatus brings urination.

Compound Preparations

Dawaul Karkam, Dawaul Misk, Mufarreh Yaquti, Dabidul Ward, Hab-e-Nishat, Hab-e-Khas, Arq Amber, Dawaul Misk Mo'tadil Jawahardar, Dawaul Misk Har Sada, Dawaul Misk Mo'tadil Sada, Hab-e-Jawahir, Tariyaq-e-Samania, Tariyaq-e- Faruq, Jawarish Zar'uni Sada, Jawarish Shahr Yaran,

Jawarish Ood Shirin, Jawarish Mastagi Kalan, Ayarij Fiqra, Hab Paichish, Hab Jand, Hab Jawahir, Hab Khas, Hab Siyah Chashm, Hab Lub ul-Khashkhash, Hab Mudir, Hab-Mumsik Surkh, Khamira Abresham Hakim Arshadwala, Safuf Suranjan, Lubub Kabir, Ma'jun Khadar, Ma'jun Dabeedul-ward, Ma'jun Murawweh ul-Arwah, Mufarreh Kabir, Mufarreh Shaikh-ur Rais.

Dosage

30 mg.-2 g. (approximately).

Corrigent

Pimpinella anisum Linn., sugar lemon syrup in water (Sikanjbin) and Berberis spp. (Zarishk).

Tenedium

Qust (Sassurea lappa Clarke), Sunbul-at-Teeb (Valeriana spp.).

Comments

Used frequently as colouring and flavouring agent in foods and medicines; stigmas in overdose are narcotic, chief symptom following poisoning include flushing of the face, epistaxis, vertigo, vomiting and bradycardia. Abortion may also occur (but rarely).

Croton tiglium Linn.

Family: **Euphorbiaceae**
Arabic Name(s): Hab as Salatin, Hab al-muluk
Urdu Name(s): Jamal Gota, Bed-Anjir Khatai
English Name(s): Croton

Parts Used

Seeds and oil.

Quality/Temperament

Warm and dry in fourth order.

Functions and Properties (Pharmacological Actions)

Drastic purgative, epispastic (blistering), antispasmodic, antiphlegmatic (purgative), counter-irritant, vesicant.

Specific Action

Antiphlegmatic, anti-atrabilious, violent purgative, counter-irritant, vesicant, epispastic.

Medicinal Uses

Croton is not commonly used in oral formulations, but administered only when there is a need of using violent purgative in diseases like dropsy, apoplexy, insanity, fevers

affecting cerebral regions, high blood pressure where complete evacuation of bowels is needed. Seeds are detoxified and are made deprived of the oily matter before use in desired preparation. Seeds half roasted over heat and their smoke inhaled relieves fit of asthma. Oil is also effective in dropsy, obstinate constipation, intestinal obstructions, lead poisoning, purgative in leprosy and apoplexy (the dose being 1 drop only with some sweet vehicle or in some other suitable preparation), also applied on the scalp in acute cerebral disorders, to the spinal cord in meningitis, in chronic bronchitis and to the throat in laryngitis, in lock jaw and mania, in case it causes griping, colic or vomiting, lime juice is given as effective antidote every half hour. In oily preparations and ointment it is applied as counter-irritant in rheumatic and swollen joints, in ring worm, for producing hairs in alopecia, to clear the patches in leucoderma, etc. Also for message over paralyzed parts of the body.

Compound Preparations

Roghan Hab us-Salatin, Hab Dabba Atfal.

Dosage

6 to 125 mg. (seeds detoxified), oil: 1/2 to 1 drop only.

Corrigent

Gum acacia, whites (5) of the eggs, fresh milk and curd.

Tenedium

Citrullus colocynthis (L.) Schrad.

Comments

Causes speedy irritation on the intestines, may cause nausea, flatulent distention of the abdomen, colic and diarrhoea. Even the single seed and a drop of oil may prove fatal. Epigastric uneasiness, palpitation, headache, perspiration etc. Croton oil is highly toxic.

Cucumis melo Linn.
C. melo Linn. var. agrestis Naud.

Syn.: C. pubescens Willd.
Family: **Cucurbitaceae**
Arabic Name(s): Akhyar
Urdu Name(s): Kharbuza, Batikh (Persian), Khakhri, Kharpaza, Gidro
English Name(s): Sweet melon

Parts Used

Seeds.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Diuretic, nutritive, demulcent, refrigerant, antidyspeptic, mild laxative, emetic, useful against suppression of urine, hepatic congestion and intestinal catarrh.

Specific Action

Diuretic, nutritive and febrifuge (in hepatic and intestinal obstructive conditions).

Medicinal Uses

Kharbuza is mostly used as fleshy fruit, its pulp is nutritious, demulcent, diuretic and cooling. Exerts exhilarant effects on the body and produces moistness. It is readily digestible eaten between the two meals especially when the last meal becomes digested and moved down to the intestines. It is useful antidyspeptic and cooling diet in hot season and in dryness of the body. Due to its diuretic action it takes away obstructions from gall bladder, kidneys and urinary bladder. Taken in digestible quantity it brings soft motions but if taken in large quantities then brings loose motions. In dropsical affections, spermatorrhoea and gleet it acts as useful diuretic and urinary antiseptic. Improves production of milk in case of depletion in nursing mothers. The pulp is useful as application in eczema, freckles, black spots on the skin and use as fruit clears the teeth of plaque and gives them shining. Seeds are also regarded as nutritive tonic.

Compound Preparations

Jawarish Zar'uni, Sherbet Bazuri Motadil, Sherbet Bazuri Baarid, Tiryaq-i-Masana, Halwai Sa'lab, Sherbet Mudir, Ghaza-i-Husn Afza, Qurs Sartan, Qurs Kafur, Lubub Mo'tadil, Ma'jun Hajral-Yahud, Ma'jun Zanjbil, Ma'jun Sang-e-Sar-i- Mahi, Ma'jun Murawwehul-Arwah, Mufarreh Barid Sada.

Dosage

5 to 7 g.

Corrigent

Sikanjbin (sugar and Citrus limon Linn. juice in water), vinegar and Pomegranate extract.

Tenedium

In diuretic action other cucumbers of this genus, in nutritive and febrifuge actions Citrullus vulgaris Schrad (Tarbuz).

Comments

Cucumis melo var. ultissimus Duthie & Fuller has been referred as the tar/kakri; Cucumis melo var. flexosus (L.) Naud has been identified as the long slender (like) melon. Long-term continuous or excessive intake may cause biliousness.

Cucumis sativus Linn.

Family: **Cucurbitaceae**
Arabic Name(s): Buzrula, Bizr Atta
Urdu Name(s): Khira, Khayaren, Kakri, Kheera, Badrang
English Name(s): Cucumber

Parts Used

Seeds.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Nutrient, demulcent, cooling and diuretic.

Specific Action

Diuretic, febrifuge.

Medicinal Uses

Cucumber is used as salad and vegetable flavoured with salt, lemon juice, pepper etc. Being useful diuretic act as cooling and soothing against biliousness, blood heat and for the irritable or burning conditions of the intestines. Useful against thirst, cerebral complaints of warm origin, insomnia, and bilious and phlegmatic fevers. Water in which its pieces are kept and warmed a bit, proves useful against fevers due to heat of the blood and body. In severe or chronic attack of fevers its pieces are massaged under the soal of feet. Seeds also possess diuretic effects, syrup is made from seeds which is useful against micturition and burning sensation in urination. In suitable composition they are prepared to act against strangury and as refrigerant in remittent and inflammatory fevers. With other diuretics, anodynes and carminatives made into compound preparations effective against urinary disorders. Seeds of Cucumis sativa Linn., Lactuca sativa Linn., Portulaca oleracea Linn. opium and Henbane in appropriate composition, made into powder is effective against painful diseases of bladder and urethra. Similarly addition of Chicory seeds to such preparation is regarded as effective against fevers of warm origin. Pieces

kept on eyes and face gives cooling sensation and soothes the skin prior to the application of any make up.

Compound Preparations

Sherbet Bazuri, Tiryaq-i-Masana, Sherbet Bazuri Har, Sherbet Kaknaj, Sherbet Kasus, Arq Shir Murakkab, Arq Gazar Ambari, Arq Maul Jubn.

Dosage

5 to 7 g. (seeds).

Corrigent

Badiyan (Foeniculum vulgare (L.) Gaertn.), Zinjabil (Zingiber officinale Rosco.).

Tenedium

Seeds of other sweet cucumbers, flesh of Citrullus vulgaris Schrad (Tarbuz).

Comments

Described as harmful for individuals with cold temperament when used excessively.

Cuminum cyminum Linn.

Family: **Umbelliferae/Apiaceae**
Arabic Name(s): Kamon Abyaz, Kammun
Urdu Name(s): Zirah Safaid, Safaid Zira, Jeero
English Name(s): Cumin

Parts Used

Fruit (seeds).

Quality/Temperament

Warm and dry in second order/warm in second order, dry in third.

Functions and Properties (Pharmacological Actions)

Aromatic, condiment, stomachic, carminative, astringent, useful in diarrhoea and as antidyspeptic; cooling, detersive, desiccative, antiphlegmatic (liquefies the cold malhumours), diuretic and emmenagogue.

Specific Action

Carminative.

Medicinal Uses

Cumin is used as condiment and medicinally in carminative and digestive preparations especially effective against conditions arise due to the accumulation of the phlegm, in

hoarseness of voice, dyspepsia and chronic diarrhoea. In bilious and nauseating symptoms and to keep the digestion process at normal, in safe home remedies it can be administered to pregnant women and to individuals facing stomach troubles due to tight working schedules. If smoked in pipe relieve hiccup. Seeds are useful during convalescence after diarrhoea or after relieving the cold affections. Powdered and given in water act as useful diuretic. Face is also washed with such infusion improves the complexion. Seeds and oil, ointment and paste are applied in suitable vehicles like honey, salt and clarified butter proves effective against abdominal pain, irritation in alimentary canal due to worms and when applied over insect bites, eczematous parts of the skin, as well as in gonorrhoea. Oil also finds use as antiseptic, flavouring agent and in anthelmintic proprietary preparations.

Compound Preparations

Jawarish Mastagi, Safuf Hazim, Hab Ashkhar, Hab Pachlauna, Hab Tursh Mushtahi, Hab Musaffi Khun, Halwai Supari Pak, Safuf Andari Julab, Safuf Chutki, Safuf Shirin, Safuf Longa, Arq Zira, Arq Hazim, Ma'jun Jograj Gugul, Ma'jun Sohag Sonth, Sunun Kalan, Ma'jun Bawasir.

Dosage

3 to 5 g. (approximately).

Corrigent

Cochlospermum religiosum (L.) Alston (Katira) and cold and moist articles.

Tenedium

Carum carvi Linn. (Black caraway).

Comments

Essential oil possesses antimicrobial activity.

Curcuma amada Roxb.

Family: **Zingiberaceae**
Arabic Name(s): Qame-ul-Samoom
Urdu Name(s): Aanba Haldi, Kapur Haldi, Kapur Haldi
English Name(s): Mango Ginger

Parts Used

Rhizomes.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Bitter aromatic, excellent resolvent, carminative, stomachic, also used as blood purifier and febrifuge.

Specific Action

Resolvent (of inflammation and swellings) particularly external (contusions) bruises and accidental shocks, injuries or inflammations.

Medicinal Uses

Fresh roots as lateral tubers of Curcuma amada Roxb. (of the size and shape of ginger with pale yellow colour having agreeable odour like the rind of mango) are used as external application as powder, paste or preparation for massage for relieving pain and resolving inflammations and swellings. It has the property of healing the wounds, boils and bruises. Its paste is made with the white of egg and applied on pustules and sores. Also useful in prurigo. Its facial preparation (ubtan) is effective for cleaning the face of unwanted pustules or pimples and improves the complexion. Tubers with the leaf juice of Caeselpinia bonduc (L.) Roxb. (Karanjwa) is useful against worms. Its tooth powder keeps the malodour of mouth away, and brings good taste. Effective against flatulence, cough and phlegmatic fevers. In stomach ache, black salt mixed with mango ginger as powder, and in dry cough mango ginger with table salt as powder are very effective if administered under prescription.

Compound Preparations

Halwai-Ghaikwar.

Dosage

Internally 2 to 3 g. (approximately).

Corrigent

Citrus fruits and their juice.

Tenedium

Curcuma longa Linn. (turmeric), and Psoralea corylifolia Linn.

Comments

Described as harmful for individuals with warm temperament.

Curcuma caesia Roxb.

Family: **Zingiberaceae**
Arabic Name(s): Jadwarul Aswad
Urdu Name(s): Kali Haldi, Kachur, Narkachur
English Name(s): Zedoary (Black)

Parts Used

Root.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Its pharmacological actions are similar to Zingiber zerumbet Smith (Zarnabad). Aromatic, stimulant, carminative, rubefacient, detersive, expectorant, tonic for heart and liver, deobstruent, vulnerary.

Specific Action

Carminative, liver tonic, rubefacient and deobstruent.

Medicinal Uses

Zedoary is externally used for sprains and bruises and in cosmetic household preparations. As a domestic remedy the paste is externally applied in suitable combinations for such purposes and for rheumatic pains. Included in electuaries and cardiac refrigerant preparations which are meant to impart functional strength to heart and liver. Included in Safuf-Chutki to regulate the function of digestive system. Externally applied it relieves local inflammations and pains. In cough and asthma of phlegmatic origin it acts as an effective expectorant and antiphlegmatic.

It contains the generic properties of being antioedemic, anti-inflammatory, bactericide, cholagogue and fungicide (due to curcumin) and antitumour (due to curcumol).

Compound Preparations

Hab Narkachur, Zamad Bars, Tiryaqul Asnan, Roghan Surkh, Safuf Chutki, Arq Hazim, Qurs Kabid Naushadri, Ma'jun Chob Chini, Ma'jun Murawwehul-Arwah, Ma'jun Nishara-i-Ajwali, Mufarreh Azam, Mufarreh Shaikhul-Rais, Mufarreh Mo'tadil, Mufarreh Yaquti Mo'tadil, Safi.

Dosage

1-3 g.

Corrigent

Santalum album Linn., Violet flowers (Viola odorata Linn.).

Tenedium

Darunaj (Doronicum hookeri Hook. f.), Bozidan (Tanacetum spp.), half of the dose of Valerian (Balchhar).

Comments

Considered as cephalgic (i.e. may cause headache). Curcuma caesia Roxb. possess the same medicinal properties as Zingiber zerumbet Smith.

Curculigo orchioides Gaertn.

Family: **Amaryllidaceae**
Arabic Name(s): Musli Aswad
Urdu Name(s): Sujah Musli, Kali Musli
English Name(s): Curculigo

Parts Used

Root.

Quality/Temperament

Warm and dry in second order/warm in first order dry in second with acquired moistness (Kabiruddin).

Functions and Properties (Pharmacological Actions)

Slightly bitter aromatic tonic, demulcent, avoricious-aphrodisiac, viscous, diuretic, restorative, alterative, fattening, useful in leucorrhoea and other menstrual derangements.

Specific Action

Aromatic, tonic, demulcent, alterative, viscous, anticatarrhal for genito-urinary discharges/abnormal secretions.

Medicinal Uses

The tuberous roots of Curculigo given as powder with sugar and milk in the form of thick mucilage act as demulcent, alterative, fattening tonic particularly in leucorrhoea, in seminal weakness (due to nocturnal pollution or premature ejaculation and spermatorrhoea) and in convalescence after acute illness. Roots form an ingredient of several compound formulations prescribed as avoricious aphrodisiac and tonic. Effective in treating micturition, rheumatism and gout and helps formation of semen and rendering it more viscous. With diuretics and gums given in milk for treating leucorrhoea, menorrhagia, dysuria and gonorrhoea. As demulcent, alterative and restorative tonic administered in piles, asthma, jaundice, diarrhoea and colic. Being diuretic and viscous aphrodisiac also included in preparations prescribed for general and nervous debility. Large doses or extensive use may cause resistance in digestive process and may abnormally increase viscosity of humours.

Compound Preparations

Safuf Sailanur Rehm, Ma'jun Muqawwi Rehm, Hab Asgand, Ma'jun Panba Dana, Ma'jun Raig Mahi, Ma'jun Samagh, Ma'jun Mochrus.

Dosage

6 g.

Corrigent
Milk.
Tenedium
S`alab Misri.

Comments
Aneilena scapiflorum Wight (family Commelinaceae) is also known as Siyah Musli with somewhat similar attributes as C. orchioides, but not reported in Flora of Pakistan (Annot. Catal., 1972) Monograph No. 84 (Commelinaceae 1975, by M. Qaiser & S.M. Jafri). However two other synonyms (viz. Aneilena nudiflorum (L.) Wall ex C.B. Clarke and A. malabarica (L.) Merril) have been mentioned under Muradannia nudiflora (L.) Brenan, with vernacular name Kanshura, M. scapiflora has also been referred as Musli Siyah.

Curcuma longa Linn.

Family: **Zingiberaceae / Scitaminaceae**
Arabic Name(s): Kurkum, `Aruq as-Suff
Urdu Name(s): Haldi, Zard-Choli
English Name(s): Turmeric

Parts Used
Rhizome.
Quality/Temperament
Warm and dry in third order.

Functions and Properties (Pharmacological Actions)
Deobstruent alterative anti-inflammatory, antiseptic, cicatrizing and vulnerary, colouring agent, vasodilator. Externally anti-inflammatory, analgesic, vulnerary and cicatrizing, preventive in several internal and external disorders of catarrhal or bleeding type as well as against accidental shocks, wounds and bruises. Expectorant, cosmetic, blood purifier.

Specific Action
Internally as alterative and deobstruent, externally antiseptic, cicatrizing, analgesic and vulnerary.

Medicinal Uses
Tumeric is regarded as traditionally effective remedy for expectoration of phlegm in whooping cough, asthma and bronchitis. As detersive and cosmetic applied in beautifying cream or poultices (as Ubtan) and to relieve scabies and

irritation due to excess phlegmatic humours in the blood. As blood purifier administered in powders or infusion to relief chronic skin disorders. Being effective deobstruent administered in obstructive jaundice and dropsy. Applied in powders and ointments on open wounds, strokes and bruises. In chronic wounds where insects are seen, its application act as insecticide, clears the wound of any specific ooze and dry it subsequently. In strokes or accidents the painful parts are treated by application of the bruised rhizomes and by administering powder with warm milk. In opacity of the cornea and trachoma/granular conjunctivitis and purulent ophthalmia the rhizome is finely powdered and applied as collyrium. Paste with different herbs according to choice proves effective in eczema, prurigo, ringworm. Fumes are effective against catarrh and coryza, mucous discharge and hysterical fits, on ulcers and indolent ulcers. As alterative effective against haemoptysis, and chronic intermittent fevers.

Compound Preparations

Basliqun Kabir, Hab-i-Haldi, Hab Narkachur, Sunun Zard, Marham Jadwar, Roghan Surkh.

Dosage

1-3 g. (approximately).

Corrigent

Citrus fruits (juice).

Tenedium

Rubia cordifolia Linn. (Dyer's Madder) and Curcuma amada Roxb. (Mango Ginger).

Comments

Described as harmful for cardiac functions when used in large doses or for long duration.

Curcuma zedoaria Rosc.

Family:	**Zingiberaceae/Scitaminaceae**
Arabic Name(s):	Rehan Turanjani, Rijl ul-jarad
Urdu Name(s):	Zarnabad, Zarambad Kachur
English Name(s):	Zedoary (round)

Parts Used

Rhizomes/tubers.

Quality/Temperament

Warm in second order and dry in third.

Functions and Properties (Pharmacological Actions)

Stimulant, carminative, deobstruent, exhilarant, cardiac and brain tonic, stomach and liver tonic, strong detersive, masticatory, expectorant and antiphlegmatic, diuretic and emmenagogue, aphrodisiac, resolvent of inflammation and rubefacient.

Specific Action

Carminative and tonic for vital organs.

Medicinal Uses

Curcuma zedoaria Rosc. root reduced to powder is regarded as useful nutrient for the invalids and for infants. Included in electuaries and exhilarant preparations prescribed in cardiac and liver affections particularly in flatulence and dyspepsia. Included in Safuf Chutki and other compound preparations administered as general tonic. Relieves the sticky taste in mouth, thus used by singers for cleaning throat. Externally applied over the inflammations, it act as resolvent and analgesic and helps getting rid of foetid smell in the mouth when used as masticatory. Being expectorant and purgative of phlegm it is useful against asthma and bronchitis and as detergent effective in freckles, itching and scabies and to bruises. Fruit and root checks leucorrhoeal and gonorrhoeal discharge. Generally used in combination with other drugs in preparations used as medicated oil. Being odoriferous ingredient of cosmetics used for the treatment of chronic skin diseases caused due to blood impurities.

Compound Preparations

Dawai-Mazmaza, Roghan Amla Khas, Arq Ambar, Lubub Kabir, Ma'jun Raig Mahi, Safuf Chutki.

Dosage

1-3 g. (approximately).

Corrigent

Viola odorata Linn. (flowers) (Gul-Banafsha).

Tenedium

Kaempferia species (roots) (Kapur Kachri/Chandramul). In external uses Curcuma longa Linn. (Haldi), as corrective of taste, liquorice (Mulathi).

Comments

Curcuma caesia Roxb. (=Zingiber zerumbet Rosc.) the Black Zedoary (and Narkachur) possess somewhat similar medicinal attributes. The root possesses specific camphoraceous odour. May cause headache in large doses or when used for long duration.

Cuscuta reflexa Roxb.
Cuscuta reflexa var. brachystigma Engolm.

Syn.: C. reflexa var. anguina (Edgew) Yunck.
Family: **Cuscutaceae / Convolvulaceae**
Arabic Name(s): Aftimun, Kasus
Urdu Name(s): Aftimun, Akas Bel, Ishq Paichan, Ambar bel, Zarbuti, Nilathari, Bepari-Desi
English Name(s): Dodder

Parts Used

Stem, seeds, fruit.

Quality/Temperament

Warm in third order, dry in first order.

Functions and Properties (Pharmacological Actions)

Demulcent, resolvent of inflammations and analgesic, deobstruent, carminative, antiatrabilious, anthelmintic, alterative, purgative. Seeds are regarded as carminative and anodyne, stem as purgative (and anthelmintic), fruits as alterative (in fevers) and cough.

Specific Action

To get rid of atrabilious matter from the body, and as anthelmintic.

Medicinal Uses

Aftimun bruised and well fried in oil and applied as paste under bandage is useful against chronic ulcers. It is a good purgative for atrabilious and phlegmatic humours which produce in excess. In atrabilious disorders like insanity, melancholia, epilepsy and incubus nightmare, it is frequently prescribed by Hakims. It is regarded as a blood purifier, resolves inflammations and acts as deobstruent. Its paste is applied over spleen (in inflammation and debility) and stomach to relieve pain, thus act as anti-inflammatory and analgesic. In jaundice applied over the liver region of abdomen to relieve jaundice and chronic persistent fevers. Fumigation over its decoction is useful analgesic treatment, internally it is carminative and with vinegar useful against hiccup. Water obtained (as extract) is also beneficial for jaundice of infective origin. Cold infusion of seeds is given as depurative and carminative which also acts as useful anthelmintic.

Compound Preparations

Ma'jun najah, Ma'jun Chob Chini, sherbet Dinar, Itrifal Deedan, Itrifal Ghudaddi, Jawarish Shehryaran, Safuf

Namak Sulaimani, Sherbet Ahmad Shahi, Sherbet Aftimun, Sherbet Bazuri Har, Sherbet Kasus, Sherbet Mulayyin, Ma'jun Talkh, Ma'jun Dabeedul ward, Ma'jun Sana, Ma'jun Ushba, Mufarreh Kabir, Mufarreh Mo'tadil.

Dosage

3 to 5 g. (approximately).

Corrigent

Cichorium intybus Linn. (Kasni), Citrus limon Linn. (Limon).

Tenedium

Artemisia absinthium Linn., Operculina turpethum (L.), S. Manso.

Comments

Described as harmful (on frequent or large dose use) for lungs.

Cymbopogon martinii (Roxb.) Wats.
Cymbopogon jwarancusa (Jones) Schult.

Syn.: Andropogon jwarancusa Jones
Family: **Graminae / Poaceae**
Arabic Name(s): Izkhir Makki, Shal
Urdu Name(s): Izkhir, Russa Ghas, Khowi Ghas, Sassi jo Pathar,Thisan Kab
English Name(s): Russ Grass, Lemon Grass

Parts Used

Above ground parts of the plant.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Carminative, stimulant, emmenagogue, diuretic. Flowers styptic, whole plant has appetizing, stomachic properties; resolvent, antiseptic.

Specific Action

Effective in diseases or complaints of cold phlegmatic origin.

Medicinal Uses

In cold phlegmatic disorders e.g. paralysis, facial paralysis, spasmodic affections, palsy, amnesia and phlegmatic fevers, lemon grass is used as concoctive and alterative. In dropsical affections, inflammation of liver and spleen, retention of urine, it is given internally in conjunction with other suitable drugs. Paste of root and flower buds is also

effective in dissolving the hard inflammations of internal organs. Oil of the flower buds is effective in relieving the fatigue when it is messaged on body. Oil is also effective in strengthening the gums when taken as mouthful gargling. It is also useful as digestive tonic and to stop diarrhoea. Oil has acquired reputation for having stimulant, carminative, antispasmodic and diaphoretic effects when administered internally, and valuable for local application as rubefacient. Relieves flatulent and spasmodic affections of the bowels, and gastric irritability. Oil is regarded of value in purifying blood, added to purgatives, given internally and applied externally in rheumatism. Lemon grass tea comprising dried leaves is considered valuable in common ailments of elderly in cold season.

Compound Preparations

Ma'jun Dabidul Ward, Safuf Namak Sulaimani, Arq Ambar, Arq Maul Laham Mako Kasniwala, Ma'jun Talkh, Mufarreh Yaquti Mo'tadil, Naushdaroo-i-Lului, Dawaul Karkum.

Dosage

5 to 7 g.

Corrigent

Santalum album Linn. (Sandal Safaid).

Tenedium

Piper nigrum Linn., Anacyclus pyrethrum DC. (Aqar-qarha).

Comments

Tea (of lemon grass) is useful against nasal catarrh and influenza.

Cyperus rotundus Linn.
Cyperus rotundus Linn. ssp. tuberosus (Rottb.) Kuk.

Cyperus rotundus Linn. forma latimarginatus Kuk.

Cyperus rotundus Linn. var. salsolus C.B. Clarke
Cyperus scariosus R. Br.

Family:	**Cyperaceae**
Arabic Name(s):	S`ad
Urdu Name(s):	S`ad Kufi, Nagar-Motha, Dela Ghaa
English Name(s):	Sweet Cyperus

Parts Used

Knotted tubers of black colour.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Sweet smelling aromatic, diuretic, diaphoretic, astringent, stomachic, attenuant, emmenagogue, lithontriptic, effective against febrile and dyspeptic affections, anthelmintic, aphrodisiac, galactagogue, nervine and liver tonic, alterative.

Specific Action

Attenuant, antidyspeptic, aromatic nervine tonic, alterative.

Medicinal Uses

Cyperus is regarded as nervine tonic, therefore administered in cardiac tonic, brain restorative, stomach tonic and carminative preparations. As infusion or soup effective as alterative in fevers, diarrhoea, dysentery, dyspepsia, anorexia, loss of appetite, vomiting and cholera. In nervous and brain's functional debility its decoction is of great service. If there is liver debility due to cold malhumours, the nutrition is not absorbed normally and diarrhoea is frequent, then administration of one gram tubers' powder is effective when given with milk from which cream has been taken out. Fresh tubers made into paste and applied on breasts act as effective galactagogue. In one ounce dose it acts as anthelmintic. It possesses wonderful effect of healing ulcers and sores when applied in warm plasters. The tubers possess anti-inflammatory, antiemetic, insect repellent, antipyretic, analgesic, antihistaminic and muscle relaxant activities.

Compound Preparations

Naoshdaroo, Jawarish Jalinus, Ma'jun Azaraqi, Arq Faulad, Ma'jun Murawwehul Arwah, Halwai Supari Pak, Roghan Aqrab, Sunun Muqawwi Dandan, Ma'jun Zanjbil, Ma'jun Finjnosh, Ma'jun Kundur, Ma'jun Murawwehul-Arwah.

Dosage

1 to 3 g. (approximately).

Corrigent

To keep tubers in water for 3-4 days, dried and then used, also Pimpinella anisum Linn. and sugar.

Tenedium

Valeriana officinalis Linn., fenugreek seeds (large variety), and Artemesia absinthium Linn.

Comments

Al-Biruni states that there is a garlic like variety which on chewing becomes saffron-like, but which on being pasted on the hair, gives rise to alopecia (Al-Biruni's Book on Pharmacy and Materia Medica. Ed. with English Transl. Hakim Mohammed Said, Hamdard Foundation Pakistan, Karachi, 1973, p. 182-183). Ibn Sina has mentioned that Indian cyperus (Cyperus scariosusR. Br.) makes the hair grow thin. Hakims suggest to keep the tubers in water for 3-4 days, then dried and used. Often seen as a troublesome weed in cultivated fields.

Daemonorops draco Blume

Syn.: Calamus draco Willd.,
Daemonorops adscendens Blume
Family: **Palmae**
Arabic Name(s): Zaitul Arz, Dammul-Akhwain
Urdu Name(s): Dammul Akhwain, Khun Ziyao Shan
English Name(s): Dragon's blood

Parts Used

Resin.

Quality/Temperament

Cold and dry in third order.

Functions and Properties (Pharmacological Actions)

Stomachic and astringent, styptic and desiccative. Its quality is like that of catechu but comparatively less potent than catechu.

Specific Action

Antihaemorrhagic for all the organs and mucous membranes.

Medicinal Uses

In diarrhoea and dysentery, and in haemorrhages and bleeding from gums, haemoptysis, excessive blood loss during menstruation, and bloody piles, the gum resin obtained fromDaemonorops draco Blume is given with suitable vehicle or in compound preparations. The dried resin is powdered and sprinkled over fresh wounds to stop blood loss. In ulcerated eyes, the resin is finely calcined and applied in the eyes. In ophthalmia where eyes become dark reddish its application gives relief. Among its common uses recommended by Hakims include strengthening the stomach and liver, and as astringent ingredient of collyriums. The

resin is also reported to be used as external application to the head and temples in cases of syncope.

Compound Preparations

Qurs Kaknaj, Qurs Bawasir, Safuf Istakhasah, Ma'jun Tewaj, Tiryaq-i-Masana, Sunun Supari, Sunun Mujalli, Sunun Muqawwi Dandan, Ma'jun Bussad.

Dosage

1 to 3 g. (approximately).

Corrigent

Cochlospermum religiosum (L.) Alston (Katira) and Gum Acacia.

Tenedium

Blood stone (Hematite) (Shahdanaj) and infusion/extract ofLactuca scariola Linn. orLactuca sativa Linn.

Comments

Described as harmful for kidneys when used in large doses or for long duration. AlsoDracaena cinnabari Balf. which belongs to the family Liliaceae has been utilized in place ofDaemonorops draco Blume.

Datura stramonium Linn.
Datura stramonium Linn. var. tatula (Wild.) Clarke

Family: **Solanaceae**
Arabic Name(s): Tuffah Shoki, Nafeer
Urdu Name(s): Dhaturah, Joz Masil
English Name(s): Thorn apple, Datura, Chariyu Daturo

Parts Used

Seeds, leaves, fruit and oil.

Quality/Temperament

Cold and dry in fourth order.

Functions and Properties (Pharmacological Actions)

Hypnotic, narcotic, sedative, antispasmodic, anticatarrhal particularly against upper respiratory tract disorders, aphrodisiac. Causes dilatation of the pupil when locally applied in watery solution, dried seeds are more effective soporific.

Specific Action

Externally sedative and anaesthetic (narcotic), orally administered bring narcotism.

Medicinal Uses

Datura seeds and leaves are included in local applications (mostly oils) applied on the effected site in rheumatic and arthritic swellings and painful organs, in lumbago, sciatica, neuralgia, painful tumors, nodes, glandular inflammations, mumps, gout etc. it act as antispasmodic. Paste of leaves made in water and rice flour is applied on forehead to relieve headache. Compound preparations administered internally relieve painful and difficult menstruation, applied on pelvic region in painful affection of the uterus, neuralgic pains of face, mixed with glycerin and applied on affected site it prevents mammary abscesses, and checks excessive milk secretion. Datura seeds and sesame oil in alkaline water made from the ashes of Colocasia is effective in psoriasis. Juice of leaves administered with curdled milk is given internally in gonorrhoea, and hydrophobia prior to the development of particular symptoms. In asthmatic attack, paroxysms and scanty expectoration, emphysema and relevant spasmodic affections smoke of leaves inhookah gives relief. Pills made up of some other suitable ingredients with leaves of Datura are effective against cough, periodic fevers and catarrh. Seeds are useful astringent in bowel complaints, fevers with catarrhs and cerebral affections.

Compound Preparations

Hab-Shafa, Roghan Haft Barg.

Dosage

30 mg.

Corrigent

Piper nigrum Linn.,Foeniculum vulgare Gaertn.

Tenedium

Datura metel Linn.,D. innoxia Mill.,Hyoscyamus niger Linn. (in other actions),Papaver somniferum Linn. (in anodyne action).

Comments

Much caution is required in its employment as overdose acts as narcotic poison. Datura tincture is a useful substitute for opium whereas the extract is a convenient substitute for the extract of belladonna (in mania and epilepsy). Its administration instantly be discontinued on the observation of psychological or toxic effects in patients.

Daucus carota Linn.

Family: **Umbelliferae**
Arabic Name(s): Gazar
Urdu Name(s): Gajar, Gazar, Jazar, Gajjar
English Name(s): Carrot

Parts Used

Seeds and root.

Quality/Temperament

Warm and moist in second order.

Functions and Properties (Pharmacological Actions)

Exhilarant and tonic for vital organs, expectorant (of phlegm), aphrodisiac, stimulant and diuretic, externally the root is antiseptic.

Specific Action

Exhilarant, expectorant and aphrodisiac.

Medicinal Uses

Carrot is taken as salad and cooked as vegetable as well as its juice is used all over the world as nutritious. Traditionally considered as beneficial to eyesight, in cough, asthma, pain in chest, burning sensation in urination, to individuals suffering from obstructive conditions of kidneys and bladder (as it is considered as a stimulating diuretic), and for the patients of palpitation (as exhilarant). Sweet confections and preserves are made which are nutritive and tonic. Decoction of root and seeds is useful remedy for jaundice. Fresh root bruised and applied over foul ulcers give relief, also applied over the burns and scalds. Carrots are believed to beautify the complexion and made into sweet dishes as well as into pickles. Seeds in recommended dose either single or in compound formulations assist digestion and allay nervous tension, strengthen the eyesight and help regulation of digestive, liver and cardiac functions. Decoction of seeds in recommended doses acts as stimulating diuretic and emmenagogue. Presence of basic nutrients vitamins, minerals and carotenes in the root credit its beneficial effects in anasarca, weak eyesight, dyspepsia and general debility.

Compound Preparations

Jawarish Zar'ooni, Lubub Kabir, Jawarish Zar'uni Ambari Ba Nuskha Kalan, Arq Fawakeh, Hab Khubs al-Hadid, Arq Gazar Sada, Arq Gazar 'Ambari, Lubub al-Asrar, Ma'jun Sang-e- Sar-i-Mahi.

Dosage

Seeds 2-5 g. (approximately).

Corrigent

Aromatics, warm drugs (and as vegetable to cook with meat).

Tenedium

Turnip (Brassica napus Linn.).

Comments

Cultivated throughout Pakistan and a common roadside weed in hills. Large quantities may cause flatulence. Seeds in large quantities may cause abortion.

Delphinium denudatum Wall. ex H. & T.

Family: **Ranunculaceae**
Arabic Name(s): Jadwar, Aiyad, Aiyakabu
Urdu Name(s): Jadwar, Nirbisi, Mahe Parveen
English Name(s): Delphinium

Parts Used

Root.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Antidote, alterative, cardiac and tonic for other vital organs, nervine tonic, deobstruent, resolvent, concoctive, aphrodisiac, diuretic, lithontriptic, analgesic for pains, detersive, effective against fevers which are due to phlegmatic or atrabilious (excess) humours, (antispasmodic particularly in cardiac disorders).

Specific Action

Antidote (for poisons), cardiac and tonic for other vital organs.

Medicinal Uses

For the fevers of warm origin which are due to the excess of phlegmatic and atrabilious malhumours, the root ofJadwar is administered (in dose of 1/2 to 1.0 gram) in infusion or syrup. Individuals in which severe poisoning of Aconite occur, are first made to vomit and then the root bruised in milk is administered, similarly prescribed for those effected by poisonous insects bite. Being a reputed antidotary and tonic for vital organs used as preventive against epidemics in

plague and cholera. Keeps the functional potential of vital organs balanced and is useful against internal or external painful affections. Applied on the glandular, rheumatic and ulcerated swellings in epidemics or individually effected persons. It acts both the ways i.e. either resolves the inflammations or cause the malhumours to become ripe and break them down. As alterative given in syphilis and rheumatism. In nervous diseases its decoction is administered whereas its pills are given in cardiac and brain weakness, spermatorrhoea and other debilitating conditions of reproductive organs. Being useful detersive applied in leucoderma and vitiliginous spots, freckles and acne and as deobstruent, demulcent and nervine tonic administered against catarrhal affections, liver disorders, jaundice and for genito-urinary complaints.

Compound Preparations

Hab-e-Jadwar, Hab-e-Jawahir, Marham Jadwar, Zamad Warm Lauzatain, Jawahar Mohra, Hab Ambar Momiyaie, Hab-e-Mumsik Surkh, Khamira Gaozaban Ambari Jadwar Ood Saleb wala, Qurs Ood Saleb, Ma'jun Chob Chini, Ma'jun Murawweh ul-Arwah.

Dosage

500 mg.

Corrigent

Fresh milk and barley water.

Tenedium

Curcuma caesiaRoxb./Zingiber zerumbet Rosc. ex Smith.

Comments

Specifically effective antidote against Aconite poisoning. Root is also chewed in recommended quantity to allay toothache. (Used as adulterant for aconite).

Delphinium zalil Aitch & Hemsl.

Family:	**Ranunculaceae**
Arabic Name(s):	Ghafith, Al-aiaq
Urdu Name(s):	Ghafis, Daiphal, Gul Jalil, Gul Khalah, Khashiyatul-Ghafis
English Name(s):	Delphinium

Parts Used

Flowers (Gul-e-Ghafis).

Quality/Temperament

Warm and dry in third order/warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Resolvent of inflammation, demulcent, diaphoretic, antipyretic.

Specific Actions

Anti inflammatory, diaphoretic.

Medicinal Uses

Delphinum is used to relieve inflammation of the liver and stomach, disorders of the liver and spleen, to treat oedema, blood pressure and against persistent fevers.

Compound Preparations

Ma'jun Dabidul ward, Hab Shabyar.

Dosage

4-6 g.

Corrigent

Valeriana hardwickii Wall. andArtemisia absinthium Linn.

Tenedium

Gul Surkh (Rosa damascenaMill.), Pimpinella anisum. Linn. (Anisun).

Comments

Described as harmful (in large doses or prolong use) for spleen. The Delphiniums are poisonous if eaten.

Dorema ammoniacum D. Don.

Family: **Umbelliferae/Apiaceae**
Arabic Name(s): Samagh-Nashadri, Ushaq
Urdu Name(s): Ushaq, Ushag
English Name(s): Ammoniacum, Gum Ammoniac

Parts Used

Gum resin.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Resolvent of hard swellings and inflammations, diuretic and emmenagogue, aperient (laxative), expectorant, anticonvulsant.

Specific Action

Resolvent of hard swellings and inflammations.

Medicinal Uses

Ushaq is resolvent of scrofulous glandular swellings, buboes, i.e. of the groins and arm pits, hardness in joints. To open or break the piles applied over them in paste, in ring worm, vitiliginous and leucodermal patches dissolves in vinegar and applied as embrocation. Applied on wounds in ointments. In chronic cough and asthma mixed with honey and administered as linctus. It is also effective in dyspnoea. To get rid of the putrefied action and smell of phlegm and to get rid of its excess, it is of value as expectorant and purgative of phlegm. In diphtheria, splenic hardness or inflammation, epilepsy, paralysis, facial paralysis, spasmodic affections, rheumatism and gout with suitable drugs it is administered to have good results. As emmenagogue and expellant of dead foetus and to cause requisite early abortion it is of benefit. As anthelmintic the gum-ammoniac is also of benefit.

Compound Preparations

Zimad Ushaq, Zimad Kibrit, Marham Ushaq, Marham Rusul.

Dosage

500 mg. to 1 g. (approximately).

Corrigent

Vinegar,Pimpinella anisum Linn.

Tenedium

Wax,Ferula galbaniflua Boiss et Bulse.

Comments

Large doses or long-term use may cause haematuria, and abortion.

Doronicum hookeri Hook f.

Family: **Compositae/Asteraceae**
Arabic Name(s): Darunaj Aqrabi
Urdu Name(s): Darunaj Aqrabi,Darunaj
English Name(s): Leopards Bane

Parts Used

Root.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Cardiac tonic (invigorative and exhilarant), carminative, nervine tonic, antidotary, protective of foetus.

Specific Action

Cardiac and digestive tonic.

Medicinal Uses

Darunaj is included in specific drugs for heart, it is much valuable for palpitation (of cold, phlegmatic origin). Resolvent of phlegm and black bile, being good sedative, effective against paralysis, palsy, melancholia and nervous exhaustion or depression. Useful against the adust bile, flatulence, impaired digestion, flatulent dyspepsia and pain of the womb. When the root (approximately 12 grams) along with camphor (12 gram approximately),Delphinium denudatum Wall ex H. & T. (Jadwar, 6 grams) are made in aquaRosa damascena as tablets of the size of grams (Cicer arietinum Linn.) and 3 tablets are taken daily, it is said to protect from the attack of plague (epidemic).

Compound Preparations

Mufarreh Yaquti, Ma'jun Hamal `Ambari, Lubub Kabir, Dawaul Misk, Hab-e-Ta'un, Hab-e-Amber Momiyaie, Arq Amber, Dawaul Misk Mo'tadil Jawahardar, Dawaul Misk Har Sada, Hab-e-Jawahir, Dawaul Misk Har Jawahardar, Dawaul Misk Mo'tadil Sada, Safuf Muhafiz Janeen, Lubub al-Asrar, Lubub Kabir, Ma'jun Juzam, Ma'jun Hamal Ambari Alvi Khani, Ma'jun Khadar, Ma'jun Murawweh ul-Arwah, Ma'jun Nisyan, Mufarreh Shaikhul-Rais, Mufarreh Kabir.

Dosage

1 to 3 g. approximately.

Corrigent

Badiyan (Foeniculum vulgare Miller.).

Tenedium

Sphaeranthus indicusLinn. (Mundi)

Comments

Other species such asDoronicum falconeri Hook f.,D. paradaliances Linn.,D. roylei DC. can be used in place ofDoronicum hookeri Hook. f., Curcuma caesia Roxb. orZingiber zerumbet Rosc. ex Smith,Zarnabad. Because of having antidotal characteristics and protective (corrective) attributes, the root is generally used in compound formulations having tonic effects for the body.

Dregea volubilis (L.f.) Benth. ex Hook.

Syn.: Asclepias volubilis Linn. f., B. ex H.
Marsdenia volubilis (L. f.) Cooke,
Wattakaka volubilis (L. f.) Stapf.
Family: **Asclepiadaceae**
Arabic Name(s): `Ood al-`Ataas
Urdu Name(s): Nak Chikhni
English Name(s): Sneeze Wort

Parts Used

Whole plant.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Errhine, expectorant, antiphlegmatic, antispasmodic useful against nervous disorders, stomach tonic, aphrodisiac, detergent, suppurative.

Specific Action

Errhine, expectorant, useful for nasal and brain disorders.

Medicinal Uses

The plant is used in colds and eye diseases to cause sneezing whence the vernacular nameNakchikni. In conditions where flu is arrested in cephalic region due to cold and catarrh, in headache due to catarrh, and headache due to cold, dry powder of whole herb causes sneezing and thus get rid of excessively deposited humours. Electuary (ma'jun) made of sneeze wort with other suitable ingredients is prescribed for sexual debility, for cold phlegmatic disorders, as stomach tonic, appetite stimulant, for treating hardness (swelling or inflammation) of the spleen as well as when applied over ringworm infection it gives relief. The root is given to women to cure headache after childbirth. The root and tender stalks are recommended with other useful drugs in dropsical affections and to excite expectoration. Leaves are much employed as application to boils and abscesses to promote suppuration, and the brown mealy substance with which follicles are covered is applied to the galls and sores (of draught cattle). The young shoots are cut and the exuding juice is inserted into the nose to relieve cold by sneezing.

Compound Preparations

Ma'jun Nakchikni, Roghan Kalan.

Dosage

1-3 g.

Corrigent

Cochlospermum religiosum (L.) Alston (Katira) and clarified butter (Ghee).

Tenedium

Piperspp. (Filfil Safaid i.e.Piper nigrum Linn. divested of the fruit cover).

Comments

Follicles are eaten by natives in curries where the process of boiling and cooking removes their bitterness and nauseating property.

Dryopteris chrysocoma (Christ) C. Chr.

Syn.: Nephrodium filix-mas var. schimperiana clarke, Nephrodium schimperianum (Clarke) Hope, Dryopteris cochleata (Don) C. Chr. var. schimperiana, Aspidium filix-mas var. chrysocoma Christ.
Family: **Pteridaceae/Polypodiaceae**
Arabic Name(s): S`Sa'tar Alsultan
Urdu Name(s): Sarkhas
English Name(s): Filix-Mas

Parts Used

The rhizome (roots) and leaf bases.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Desiccant, abortifacient (ecbolic), vermifuge (especially effective against tapeworms), antilice, irritant.

Specific Action

Vermifuge (for tapeworms), decongestant, useful against palpitation and as antilice.

Medicinal Uses

Filix-Mas being desiccative, the dried root and leaves powder is employed over moist and bleeding or oozing wounds and ulcers. Administered orally in 3 grams quantity as vermifuge keeping the stomach empty by using a purge prior to its application. Roots administration in recommended doses brings good results killing the tapeworms in the night and in the morning again a safe purgative is employed to get

the dead worms out of body. Administered with honey in prescribed doses has esteem as contraceptive and in recommended doses acts as abortifacient. Root and leaves' decoction or use of powder in a suitable oil applied on head and hairs act as useful antilice. Described as an irritant therefore it is always suggested to mix within its preparation a suitable corrigent in accordance with the formulation prescribed or administered. The extract finds common use as vermifuge (for tape worms).

Compound Preparations

Ma'jun Sarkhas.

Dosage

500 mg. to 1 g.

Corrigent

Gum Arabic,Cochlospermum religiosum (L.) Alston and Pistacia lentiscus Linn.

Tenedium

Mallotus philippensis (Lam.) Muell. (Kamila). Syn. Croton philippensis Lam., andRottleria tinctoria Roxb. (N.O. Euphorbiaceae).

Comments

Being irritant, it is always prescribed or administered with most suitable corrigent (according to the formulation). Suggested not to be administered with castor oil (Ricinus communis oil) because such synergistic irritant effect may cause toxicity and severe excoriation of the alimentary canal.

Echinops echinatus Roxb.

Family:	**Compositae/Asteraceae**
Arabic Name(s):	Qasa-Barith, R`ai al-Jamal
Urdu Name(s):	Barham Dandi, Bram Dandi, Labh, Unt-Katara
English Name(s):	Camel's Thistle

Parts Used

Above ground parts and root (decoction, infusion, confection and powder).

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Restorative for intellect, tonic for body and brain, blood purifier, antipyretic for chronic persistent fevers, nervine tonic, alterative, diuretic and aphrodisiac.

Specific Action

Blood purifier, alterative, nervine tonic.

Medicinal Uses

Powder of above mentioned parts with milk is effective as body tonic, for improving the intellect. Infusion of above ground parts and root is useful in seminal debility, impotency, hysteria, dyspepsia, scrofula, syphilis and chronic persistent fevers. As blood purifier included in infusion and also bruised with black pepper and given as alterative in scabies, pustules, pimples and boils and in skin disorders appear due to blood ailments. WithTribulus terrestrisLinn., Sisymbrium irioLinn., Hyoscyamus nigerLinn., Curculigo orchioides Gaertn. and some other components,Echinops echinatus Roxb. is effective against seminal weakness and sexual debility in confection.

Compound Preparations

Hab Musaffi Khun.

Dosage

Dried 5-7 g. (approximately) and fresh upto 12 g. (approximately).

Corrigent

Honey.

Tenedium

Sphaeranthus indicus Linn. andChrozophora prostrata Datz (Nilkanthi).

Comments

Excessive use may cause loss of water in the body.

Eclipta prostrata (L.) Linn. Mant. (Black Variety)

Syn.: Verbesina alba Linn.,
Eclipta erecta Linn. Mant.,
Eclipta alba (L.) Hasskl.

Eclipta albaHussack (White variety)

Family: **Compositae/Asteraceae**
Arabic Name(s): Zufar, Aklibata
Urdu Name(s): Bhangra
English Name(s): Eclipta, Common Perilla

Parts Used

Leaves and seeds.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aphrodisiac, ophthalmic tonic, resolvent, cholagogue, tonic and alterative, emetic and purgative. Extract of leaves is hepatic tonic and deobstruent, carminative, blood purifier.

Specific Action

Aphrodisiac, resolvent, alterative.

Medicinal Uses

Paste of the root powder of Eclipta is active against spleen and liver hardness and enlargement. Much used in blood disorders which result in chronic skin ailments like leprosy, vitiligo, leucoderma and urticaria. Applied over the inflamed areas of the body. Applied on head along with small quantity of oil to relieve headache and used as snuff in cephalgia. With black pepper and honey it is useful against catarrh from liver and to treat syphilis with two drops of honey is considered to be useful for newborns suffering from catarrh. It relieves pain when (as juice) dropped into the ears in earache. Juice and decoction of leaves is active against jaundice and fevers as well as for uterine haemorrhages. Extract or infusion in water serve as useful gargles in teeth disorders particularly pain and gum complaints. Extract of the herb boiled together with coconut and sesamum oil, when only the oil is left preserve it and apply on hairs, render the hairs black, shining and lengthy. Water of the herb is used effectively against ophthalmia as drops.

Compound Preparations

Ma'jun Jograj Gugal, Hab Miskeen Nawaz, Roghan Amla Khas, Ma'jun Murawweh ul Arwah.

Dosage

Leaves 5-7 g., seeds 1-3 g. (approximately).

Corrigent

Piper nigrum Linn., honey andZingiber officinale Rosc.

Tenedium

Cotton seeds and oil.

Comments

Described as harmful for individuals with warm temperament in large doses or prolonged use.

Elettaria cardamomum (L.) Maton

Syn.: E. repens L.
Family: **Zingiberaceae**
Arabic Name(s): Habahar, Qaqula Saghar
Urdu Name(s): Ilaichi Khurd,Chota Nanda
English Name(s): Cardamom

Parts Used

Fruit.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aromatic, flavouring, stimulant, carminative, stomach tonic, exhilarant, astringent, diuretic, antiemetic, antiflatulent, cardiac tonic.

Specific Action

Aromatic , Stimulant, Carminative, antiemetic.

Medicinal Uses

Cardamom has carminative properties and is often administered with purgatives and with other aromatics. The tinctures are also used as flavouring agent. The specific therapeutic uses attributed to cardamoms include atonic dyspepsia, flatulence, spasmodic affections of the bowels and in cases of nervous depression. It is quite often used as an ingredient of compound preparations prescribed to strengthen the stomach and relieve debility of the alimentary canal, as demulcent and as an aromatic reliever of malodour in mouth. Bruised and taken the smell at large, brings sneezing and proves useful in headache and epilepsy. Taken in decoction with rose water (andSikanjbin) has useful effect as deobstruent for liver and liver obstructions.

Compound Preparations

Naoshdaroo, Jawarish Amla Sada, Jawarish Anarain, Arq Ambar, Dawaul Misk, Itrifal Saghir, Itrifal Ghadudi, Jawarish Amla Lului Masihul Mulk Wali, Jawarish Safarjali Mushil, Jawarish `Ood Mulayyin, Jawarish Mastagi Kalan, Hab Pachlauna, Hab Haltit, Hab Dhiqul-Atfal, Halwai Ghaikwar, Khamira Abresham Hakim Arshad Wala, Dawaul Misk Har Jawahardar, Dawaul Misk Har Sada, Dawaul Misk Mo'tadil Sada, Dawai Sandal, Ruh-i-Ilaichi, Safuf Andari Julab, Safuf Suzak, Safuf Longa, Arq Ilaichi, Laooq Maseehi, Ma'jun Arad Khurma, Ma'jun Brahmi, Ma'jun Khadar, Ma'jun Shir

Bargadh Wali, Ma'jun Qurtum, Ma'jun Murawweh ul-Arwah, Ma'jun Muqil, Mufarreh Shaikh ul-Rais.

Dosage

Seeds 6-12 g. (approximately).

Corrigent

Bambusa arundinacea (Retz) Willd. (Tabashir),Amomum subulatum Roxb. (Ilaichi Kalan).

Tenedium

Kabab Chini (Piper cubeba Linn.),Ilaichi Kalan (Amomum subulatum Roxb.).

Comments

As flavouring agent it finds frequent use throughout the world.

Embelia ribes Burm.
Embelia robusta Roxb.

Family:	**Myrsinaceae**
Arabic Name(s):	Baranj Kabuli, Habul Hal
Urdu Name(s):	Baobaranj, Wavarang
English Name(s):	Embelia

Parts Used

Seeds, dried berries powder, dried bark powder.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Hakims regard it as attenuant and a purgative of phlegmatic humours, also a valuable anthelmintic especially against the tapeworms. (This effect has been shownin vitro andin vivo due to the active ingredient "embelin"). Fruit with sharp bitter taste is an appetizer, carminative, stomachic, alexipharmic, antiflatulent, alterative, analgesic and purgative. Traditional medicine credit it to have considerable activity against tumors. Antiphlegmatic and antiatrabilious.

Specific Action

Anthelmintic (especially against tapeworms).

Medicinal Uses

Dried berries' powder of Embelia is useful as anthelmintic for children and adults. The worms are expelled dead. Berries prevent flatulence and are useful in dyspepsia. young leaves

of the plant combined with ginger are used as gargle in sore-throat, aphthae and indolent ulcers of the mouth. Powdered dried bark of the root is a reputed remedy for toothache. In external use, the drug enters into the composition of several applications for ring worm and other skin diseases. The drug is effective in ascites, bronchitis, dyspnoea, for urinary discharges, against jaundice, hemicrania, worms in wounds etc. seeds sometimes used to adulterate black-pepper.

Compound Preparations

Hab Didan, Itrifal Qanbeel, Itrifal Deedan, Hab-e-Ashkhar, Hab Kabd-Naushadri, Dawai-Aabzan, Sherbet-Mudir, Arq Faulad, Qurs Didan, Mussafi-i-Rehm, Ma'jun Jograj Gugal, Ma'jun Kalkalanj.

Dosage

2 to 5 g.

Corrigent

Tragacanth (Cochlospermum religiosum (L.) Alston) andPistacia mutica Fish & Mey. (Mastagi).

Tenedium

Lupinus albus Linn. (Turmus).

Comments

No known toxicity reported following the use of prescribed doses of the drug for recommended duration. However, it is advisable to confirm certainty of diagnosis (when prescribed as anthelmintic). Also following long-term or large dose use, it may cause harm to intestine.

Ephedra gerardiana Wall. ex Stapf.

Ephedra intermedia Schrenk & Mey

Ephedra pachyclada Boiss.

Syn.:	Ephedra distachya Auct. non Linn.
	Ephedra vulgaris Hk. f.
	Ephedra walichii Stapf.
Family:	**Gnetaceae (Ephedraceae)**
Arabic Name(s):	Zanbul Khail, `Alend
Urdu Name(s):	Som Kalapna, Masania, Narom, Soma Kalpa
English Name(s):	Ephedra

Parts Used

Above ground parts.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Alterative, diuretic, stomachic, tonic, antiasthmatic, sudorific, management of bronchospasm in reversible airway obstruction associated with stable asthma or chronic bronchitis; for the relief of unproductive cough accompanied by congestion of the upper respiratory tract, including congestion by allergy.

Specific Action

Antiasthmatic (antihistamine), bronchodilator.

Medicinal Uses

Ephedra as a drug is basically referred as an article of Chinese Materia Medica. The recent authors of Greco-Arab medicine are of the view that this has not been included as an article of Unani or Ayurvedic Materia Medica. History however reveals its use over the centuries asSoma of the Aryans on Oriental lands. The powder of leaves is used with considerable success in cases of bronchial asthma which becomes worst at night. Its decoction is alterative and is prescribed for acute muscular and articular rheumatism and in syphilis. It helps removal of extra-phlegmatic produce, as stomachic improves digestion and tones the intestines. Given in conditions where antipyrine, salol, antifebrine and salicylate of soda have failed. As the drug helps relieving rheumatic pains, it slows down the pulse and brings respiratory function at less faster or normal and relieves the bronchial spasm. Good results obtained in cases of whooping cough either alone or in combination with other drugs. Drug is more effective in cases of phlegmatic (productive) asthma (which is specific attemperamental state). It is also effective in allergic states of skin like urticaria and in whooping cough.

Compound Preparations

Cough syrup along withEphedra spp.,Suduri.

Dosage

Safuf (powder of the leaves) 500 mg. in decoction.

Corrigent

Honey and gum acacia.

Tenedium

Arusa (Adhatoda vasica Nees.) (ash of leaves),Hyssopus officinalis Linn. (Zufah yabis).Ephedra pachyclada Boiss. andE. intermedia Schenk. & Mey. are used in place ofE. gerardianaWall ex Stapf.

Comments

Adverse effects ofEphedra may include acute pain in the cardiac region, feeling of distress in the pericardium, palpitation, flushing of the skin, tingling or numbness of the extremities. In patients with organic disease of the heart, it may produce decompensation. Liable to produce constipation and loss of appetite. Patient may complain of insomnia following (continuous) use of alkaloidal components, hyperactivity may result in such cases.

Eruca sativa Miller

Syn.:	Brassica eruca Linn. Eruca vesicaria (L.) Cav. em. Thell.
Family:	**Cruciferae**
Arabic Name(s):	Jarjir
Urdu Name(s):	Jarjir, Tarmarah, Tara-mir, Chiti Sariyun, Tara Mira, Asun, Jamama, Aahrio
English Name(s):	The Rocket

Parts Used

Seeds and oil.

Quality/Temperament

Warm and dry in third order with acquired moistness.

Functions and Properties (Pharmacological Actions)

Digestive tonic, carminative, semenagogue, aphrodisiac, diuretic and emmenagogue, detersive, rubefacient.

Specific Action

Aphrodisiac, detersive.

Medicinal Uses

Seeds ofEruca sativa Mill. are used in carminative and aphrodisiac preparations administered orally. Bruised and sprinkled over half fried eggs to procure aphrodisiac effects particularly stimulation. In case of nervous diseases such as epilepsy and hysteria. Seeds and oil are acrid and used for purposes similar to those of mustard. Being rubefacient and detersive its poultice is applied in skin disorders and common complaints like wrinkled skin or black spots, freckles, leucoderma and urticaria. Massage of its oil relieves itching and scabies. When bright green the herb is also used as salad. Seeds are also used to prepare baths for feet, low back etc. where the hip bath in women is useful in relieving uterine derangements especially amenorrhoea and dysmenorrhoea, in headache, cerebral congestion, cardiac

and thoracic pain, liniment and poultice of seeds or oil is useful against swollen joints, rheumatic pain etc.

Compound Preparations

Lubub Saghir, Namak Shaikh ul-Rais, Hab Jalinus, Hab Khubs al-Hadid, Safuf Nuqliyasa, Lubub al-Asrar, Ma'jun Pamba Dana, M`ajun Raig Mahi, Ma'jun Murawweh ul-Arwah.

Dosage

1 to 3 g. (approximately).

Corrigent

Honey andPortulaca oleracea Linn.

Tenedium

Cheiranthus cheiri Linn. seeds, mustard (Brassica spp.), (and in rubefacient actionHusn-e-Yusuf: small, hard, white bodies, shells of different diatoms found floating on surface of lakes in cold regions).

Comments

Due to its warm faculty described as harmful for individuals with warm temperament. Internally the seeds may exert vesicant action therefore extensive use should be avoided.

Euphorbia caducifolia Haines

Syn.: Euphorbia neriifolia auct. non Linn.
Family: **Euphorbiaceae**
Arabic Name(s): Zaqum
Urdu Name(s): Thohar, Thor, Gangichu, Minaguta, Dedar
English Name(s): Milk Hedge, Spurge

Parts Used

Milky latex.

Quality/Temperament

Warm and dry in third order, latex: warm and dry in fourth order.

Functions and Properties (Pharmacological Actions)

Latex/milky juice is powerful emetic, purgative of phlegm, rubefacient, acrid, expectorant, resolvent, rubefacient vesicant and counter-irritant, antiasthmatic.

Specific Action

Resolvent, rubefacient, vesicant and expectorant.

Medicinal Uses

Fresh milky latex ofEuphorbia caducifolia Haines. is an acrid irritant, applied externally to relieve warts and other cutaneous affections and to alleviate pain in gout, rheumatism, toothache, earache etc. An ash or salt made of this latex is beneficial in asthma and dropsy. Mixed with turmeric powder proves useful when applied on piles. Mixed with burnt borax and common salt it is applied to painful joints and swellings. With butter or clarified butter (ghee) it is an appropriate application to unhealthy ulcers and scabies. Applied to glandular swellings it prevents suppuration. Mixed with Margosa oil and applied to rheumatic limbs gives relief.

Internally the heated latex with salt is administered in whooping cough, dropsy, leprosy, enlarged liver and spleen, dyspepsia, jaundice, colic etc. Mixed with butter or clrified butter (ghee) is given in syphilis, in visceral obstructions and in spleen and liver enlargements due to long continued intermittent fevers. Mixed with Cicer arietinum Linn. and roasted, is administered in pills in gonorrhoea. As expectorant, especially in asthma mixed with honey and given in smaller doses is useful. Generally, in internal application it is regarded as powerful emetic and violent purgative.

Compound Preparations

Roghan Seer, Roghan Qust, Ma'jun Talkh.

Dosage

50 mg. (approximately); latex1/2 drop to one drop only.

Corrigent

Milk.

Tenedium

Various kinds and or varieties ofEuphorbia spp. act as tenedium for each other.

Comments

Used with great caution as it is regarded as dangerous irritant application, a powerful emetic and violent purgative even in very small quantities.

Euphorbia hirta Linn.

Syn.: Euphorbia pilulifera auct. var.hirta Thell.
Family: **Euphorbiaceae**
Arabic Name(s): Laban Maghrabi
Urdu Name(s): Dudhi Kalan, Shirak, Shir Giyah, Tanbeshari Buti, Khiral
English Name(s): Small Euphorbia

Parts Used

Above ground parts.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Demulcent, antispasmodic, anthelmintic, local parasiticide, general depressant of the cardiovascular system, exerts sedative effect on the mucous membranes of the respiratory and genito-urinary tract, bronchodilator, anticatarrhal for upper respiratory tract.

Specific Action

Demulcent, antispasmodic, sedative for the mucous membranes.

Medicinal Uses

Extract of the whole plant is useful against acute and chronic dysentery, colic, and against the worms in children. Regarded as an effective common remedy in cough, coryza, bronchial catarrhal affections and in general against the respiratory diseases of spasmodic nature for example asthma, productive cough of the aging people, emphysema etc. Acts as general demulcent and proves useful in cardiac complaints for example angina, temporary rise in blood pressure due to flatulence, indigestion and dyspepsia. Regarded as a useful medicine in cases of dysentery. Locally applied it is effective for relieving ringworm.

Compound Preparations

Administrated asMufrad (Simple/Single herb preparation).

Dosage

3-7 g. (approximately).

Corrigent

Honey.

Tenedium

Euphorbia thymifolia Linn. (Dudhi Khurd).

Comments

This plant is also calledQazi Dastar andDohak Chhatri. Third type ofDudhi is known asMehndi Dudhi orMendha Sengi. Extract of the plant at first may exert slight depressant action and may irritate gastric mucosa.

Euphorbia thymifolia Linn.

Family: **Euphorbiaceae**
Arabic Name(s): Lain Saada, Shabram
Urdu Name(s): Dudhi Khurd, Shirak, Shir Giyah
English Name(s): Thyme leaved Euphorbia

Parts Used

Leaves, root.

Quality/Temperament

Cold and moist in second order/warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aromatic, astringent, demulcent, stimulant, vermifuge, and laxative, antidiarrhoeal, anti-dandruff.

Specific Action

Astringent, antispermatorrhoeal, antigonorrhoeal.

Medicinal Uses

Seeds and the leaves ofEuphorbia thymifolia Linn. are used in the form of powder given in butter or milk in bowel complaints of children, worms, gonorrhoea, metrorrhagia, bleeding piles, spermatorrhoea, leucorrhoea. Also used as decoction to allay the irritation in urinogenital disorders particularly in gonorrhoea. It exerts astringent action over the mucous membranes of alimentary canal (intestines) as well as on the seminal vesicles and stop haemorrhage from the internal organs. Exerts astringent and sedative action on urethra, acts as blood purifier. Flax of silver and tin prepared in this herb proves useful in urogenital disorders. Applied over ringworm and in skin complaints which are due to blood disorders, it proves effective. The herb mixed with ammonium chloride is applied on hairs to cure dandruff.

Compound Preparations

Mostly utilized asMufrad (Simple).

Dosage

1-2 g. (approximately).

Corrigent

Honey.

Tenedium

Euphorbia hirta Linn. (Dudhi-Kalan).

Comments

Euphorbia pilulifera Linn. and otherEuphorbiaspp. can also be used as its substitute.

Exogonium purga Benth.

Syn.: Ipomoea purga Hayne
Family: **Convolvulaceae**
Arabic Name(s): Jalapah
Urdu Name(s): Jalapa, Julab, Jalapah, Jalapu
English Name(s): Jalap

Parts Used

Root.

Quality/Temperament

Warm and moist in third order.

Functions and Properties (Pharmacological Actions)

Purgative of excessive malhumours particularly phlegm (hydragogue cathartic), antispasmodic, anticonstipatory, antirheumatic, antibilious, antiatrabilious, anticatarrhal, anticolic, emetic, anthelmintic.

Specific Action

Antiphlegmatic and purgative.

Medicinal Uses

Jalap root is emetic and brings loose motions acting as violent purgative with watery discharge. Regarded as safe drug to get rid of the malhumours which are the cause of disorders like dropsy, chronic and habitual constipation, facial paralysis, general paralysis and hemiplegia, rheumatism and arthritis, sciatica, flu and influenza, as well as general catarrhal affections. Jalap is either taken alone or powdered in chicken soup or in lukewarm rose water, or combined with other suitable laxatives and correctives.

Compound Preparations

Only used in purgation with other drugs as powder compound preparations.

Dosage

500 mg. - 1 g./1 g. - 3 g. (approximately).

Corrigent

Foeniculum vulgare Gaertn. (aqua) and rose petals preserve.

Tenedium

Operculina turpethum (Linn.) Silva Manso.

Comments

May cause headache in individuals with warm temperament. Frequent use may cause water loss, emaciation, and drastic reduction in weight.

Ferula foetida Linn.

Syn.: Scorodosma foetidum Bunge
Ferula scorodosma Bentley and Trimen

Ferula foetida Linn.

Family: **Umbelliferae/Apiaceae**
Arabic Name(s): Hiltit
Urdu Name(s): Hing, Hiltit, Heng, Vaghayani, Hinghi, Ushi
English Name(s): Asafoetida, Gum Foetida, Gum Ferula

Parts Used

Gum resin

Quality/Temperament

Warm in fourth order, dry in second.

Functions and Properties (Pharmacological Actions)

Expectorant, diuretic, emmenagogue, carminative, antiseptic, antispasmodic, nervine stimulant, antiflatulent, rubefacient.

Specific Action

Carminative, nervine stimulant, expectorant (laxative for phlegm).

Medicinal Uses

Keeping Asafoetida in home is considered to ward away epidemics. It is regarded as an antidote to many poisons, useful for liver, spleen and stomach ailments. It is also a good appetizer considered useful in nervous complaints, epilepsy, paralysis, chorea, torpidity and sluggishness as well as in hysteria. It is useful in relieving inflammations and flatulence. As an absorbent is useful as poultice with oil in bloody wounds. Applying on the navel it acts as antiflatulent, effective for colic and cholera and as nervine stimulant. The gum resin is also used as flavouring agent as an ingredient in condiments and in many spice mixtures. In spasmodic affections of bowels in women and children especially when connected with hysteria, in fainting and emotional states, nervous palpitation, hypochondriasis, obstinate cough of children, whooping cough, asthma, pneumonia, bronchitis

etc. In flatulent distension of typhoid fever, cholera, convulsions etc. It is also considered as an effective anthelmintic for children. As anaesthetic it is employed in hemicrania and dental caries. Externally antiseptic and rubefacient, stimulant to foul ulcers.

Compound Preparations

Ma'jun Jograj Gugal, Anqaruya-i-Kabir, Hab Jund, Hab Hiltit, Safuf Barq, Safuf Qinnab, Safuf Namak Sulaimani, Qurs Hiltit, Ma'jun Baladur, Ma'jun Murawweh ul-Arwah.

Dosage

500 mg. to 1.0 g. (approximately).

Corrigent

Santalum albumLinn., Pimpinella anisumLinn., Cochlospermum gossypium (L.) Alston.

Tenedium

Jaosher (Ferula galbanifluaLinn.,gum).

Comments

External use of assafoetida gum resin is made after it is heated over fire and becomes red. Being warm in fourth order, considered as harmful for brain and liver and for individuals with warm temperament (if used in large dose or for long duration).

Ferula galbaniflua Boiss et Buhse
Ferula jaeschkeana Vatke

Syn.: F. nuristanica Rech. f. & Kitamura var. parkeriana (Wolff.) OES.

Ferula narthex Boiss.

Syn.: Narthex asafoetida Falc. (as F. jaeschkeana Vatke)
Family: **Umbelliferae/Apiaceae**
Arabic Name(s): Jaoshir, Wasaq, Qama Wasaq
Urdu Name(s): Jawashir, Gaoshir, Ganda Behroza
English Name(s): Galbanum

Parts Used

Gum resin.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Fattening, resolvent of malhumours, (expectorant and) laxative (of phlegm), demulcent, deobstruent, nervine tonic,

detersive, wound healing (vulnerary), diuretic and emmenagogue, carminative, antidyspeptic (especially for women with uterine disorders), styptic, corrigent.

Specific Action

Nervine tonic, resolvent, antiphlegmatic and carminative.

Medicinal Uses

Galbanum being deobstruent and demulcent is frequently used in preparations administered to relieve nervous and brain effected disorders for example paralysis, facial paralysis, palsy, hemiplegia, chorea, epilepsy, spasmodic affections particularly infantile convulsions, coma, flu and nasal catarrh, dropsy, stomach debility and phlegmatic colic. Effective in thoracic phlegmatic and spasmodic affections like cough, bronchitis and asthma. Being carminative and antidyspeptic administered with other suitable drugs in flatulence, flatulent dyspepsia, and painful uterine affections of variable origins or causes including inflammations, uteralgia and hysteria. Being detersive and vulnerary applied alone or in suitable combinations in ointments over blind ulcers, malignant ulcers, scars and bruises as well as over hard swellings to resolve them, subside the inflammations and relieve pain.

Compound Preparations

Roghan Kalan, Zimad Jalinus, Marham Rusul.

Dosage

1 to 2 g (approximately).

Corrigent

Phyllanthus madraspatensis Linn. (Kanocha).

Tenedium

Ferula foetida Regel (Gum foetida) and gum resin fromPinus longifolia Roxb. As resolvent the latex fromFicus carica Linn.

Comments

Its action as stimulant, expectorant and antispasmodic is similar to Ammoniacum but less powerful than gum foetida. Most of the commercial gum resin (Ganda Behroza) Asafoetida is obtained from above mentioned species.Ferula narthex Boiss. mentioned above, though represents this group, but actually serves better as substitute for gum Ferula (Hing).

Ferula persica Willd.
Ferula szovitsiana DC.

Family: **Umbelliferae/Apiaceae**
Arabic Name(s): Sakbinaj, Qinah
Urdu Name(s): Sak, Kundal, Sakbinaj,Kundhal
English Name(s): Sagapenum gum

Parts Used

Gum.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Attenuant, resolvent, anthelmintic, emmenagogue, cathartic and corrective for drastic purgatives, vermifuge, diuretic and emmenagogue, lithontriptic, antispasmodic, resolvent, antiphlegmatic, aphrodisiac. Externally detersive, absorbent, resolvent and anodyne.

Specific Action

Diuretic and emmenagogue, effective against primary conditions of eye-lens opacity (progressive cataract).

Medicinal Uses

Sagapenum gum is utilized in spasmodic affections particularly paralysis, rheumatism, headache due to cold malhumoural affection, epilepsy, sciatica and dropsy. In such and other like phlegmatic and nervous disorders sagapenum gum is administered internally as well as applied externally. In skin disorders which are due to internal malhumoural disorders like scrofula and hard swellings the gum is dissolved in vinegar and applied as attenuant and resolvent. Externally applied for stimulation on genital organ as well as to improve the retentive power, it acts as useful aphrodisiac. As safe vermifuge it is administered with suitable medicines, brings good results. Due to its resolvent and lithontriptic action and diuretic attributes the gum is effective against depositions, obstructions and stones in gall bladder, kidneys and urinary bladder. As infusion and suppository the gum acts as effective emmenagogue.

Compound Preparations

Hab Muqil, Zimad Kibrit.

Dosage

1-2 g. (approximately).

Corrigent

Almond oil andCochlospermum religiosum (L.) Alston (Katira).

Tenedium

Pinus roxburghii Sargent. gum resin (Behroza).

Comments

Ferula persica Willd. is found in Iran. The fruit of plant is similar in shape to that ofF. galbaniflua Boiss et Buhse but is larger and of a yellow colour and its odour is distinctly alliaceous. Long duration use or large doses may cause intrinsic inflammatory disorders.

Ficus bengalensis Linn.

Family: **Moraceae**
Arabic Name(s): Abu al-Nom
Urdu Name(s): Bargad, Bar, Bohar,Bohr, Bohre
English Name(s): Banyan tree, Banyan Fig.

Parts Used

Stem-bark, leaves, milky latex and prop or stilt roots (Rish Bargadh).

Quality/Temperament

Cold and dry in first order/cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Astringent, desiccative, latex externally is concoctive and resolvent, avoricious, viscous and tonic for sexual organs.

Specific Action

Desiccative, avoricious and tonic (for sexual organs).

Medicinal Uses

The latex of Banyan tree is used in piles, spermatorrhoea and nocturnal pollution, as well as in premature ejaculation in required doses and with suitable ingredients in appropriate preparations. The soft buds and stilt roots powder is effective in sexual debility and where semen is required to be made viscous. Sometimes extract (or infusion) of the leaves is also used for such needs. To render the breasts tight stilt roots' paste is applied over them, to stop diarrhoea the leaves extract is strained and given in appropriate doses for prescribed duration. The latex in drops (2-3) is administered in the ear when there are worms in the affected ears. Feet excoriation and skin crack due to seasonal effects is also relieved when this latex is applied frequently. In hard

swellings or ulcers which are needed to be concocted and to alleviate the inflammations this latex brings useful results. It resolves the inflammations and at times bursts them and thus dries afterwards if applied with suitable drugs. Leaves are burnt into ashes and applied over the wounds, act as antiseptic and vulnerary. These are also included in ointments. Continuous application in rheumatism
renders counter-irritant action of the milky latex.

Compound Preparations

Safuf Bars, Ma'jun Shir Bargadh wali.

Dosage

Young leaves 5 g., latex 2-3 drops.

Corrigent

Sugar, honey and gum-tragacanth.

Tenedium

Ficus religiosa Linn. (all relevant parts).

Comments

Excessive or long duration use of parts used may cause desiccation in the body especially in the stomach and intestines. Latex or extract (of leaves) may cause diminished appetite and temporary liver dysfunction.

Ficus carica Linn.

Family: **Moraceae**
Arabic Name(s): Teen, Bilnees
Urdu Name(s): Anjeer, Teen, Anjeer Zard
English Name(s): Fig

Parts Used

Fruit.

Quality/Temperament

Warm in first order and moist in second order.

Functions and Properties (Pharmacological Actions)

Nutritive, concoctive, laxative, demulcent, expectorant, diaphoretic, digestive, diuretic, febrifuge, deobstruent (proteolytic: Ficin).

Specific Action

Concoctive (advantageous in making apparent the symptoms of small-pox and chicken-pox), and deobstruent, diaphoretic.

Medicinal Uses

Fruit of Fig is a nutritive tonic; used as dry fruit relieves constipation and useful against phlegm deposition (through expectoration). As concoctive, diaphoretic, administered to make the symptoms of small-pox and chicken-pox apparent. Acts as febrifuge and deobstruent especially against the obstructions in liver and spleen. The leaves, fruit and latex (from fruit) are active against warts. Acts as concoctive for chronic ulcers, and warts. With walnut kernel eating as dry fruit is effective aphrodisiac. Useful in removing kidney and bladder stones. Recommended fairly in chest and digestive complaints for, it promotes the digestion, is useful in flatulence and habitual constipation. Syrup of figs in recommended dose acts as an emollient.

Compound Preparations

Sherbet Anjeer, Sherbet Zufah Murakkab, Sherbet Sadar, Ma'jun Anjir, Ma'jun Qurtum.

Dosage

Dried figs 5 to 7 g.

Corrigent

Citrus limon Linn. juice,Anisun (Pimpinella anisum Linn.), Thymus serpyllum L. (Haasha),Origanum vulgare (S'atar).

Tenedium

Vitis vinifera Linn. (Raisins),Pinus gerardiana Wall. ex Lamb. (Chilghoza) seed kernel.

Comments

No known toxicity in recommended quantity of the fruit which is nutritious. However, latex in large quantity may exert irritating effect on the skin.

Ficus hispida Linn.

Syn.: Ficus oppositifolia Willd.
Family: **Moraceae**
Arabic Name(s): Tinbaree, Shamar, Jammaiyaz
Urdu Name(s): Katumri, Injir Dashti, Phagwara, Golaro
English Name(s): Wild Fig

Parts Used

Root-bark, latex and fruit.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Blood purifier, strong purgative, rubefacient, detersive and resolvent, vesicant, bark is emetic and laxative, suppurative.

Specific Action

Blood purifier, resolvent, vesicant.

Medicinal Uses

The root bark ofFicus hispida Linn. in powder or poultice is active against indolent ulcers, chronic blind sores and buboes (glandular swellings) to disperse them or cause suppuration. With suitable drugs administered internally or applied in paste for vitiligo and leucoderma, it acts as blood purifier as well as resolvent purgative. The fruit is considered as useful for promoting the secretion of milk and to preserve foetus in the womb. With honey the juice of the fruit acts as good antihaemorrhagic. Latex is regarded as effective against ringworm moles and warts, acts as vesicant counter-irritant and heals them effectively. In affections of scalp the unripe fruit with vinegar proves useful whereas poultice prepared from the ripe fruit is generally useful against ulcers and apparent blind swellings or inflammations.

Compound Preparations

Ma'jun Mussafi Khun, Safuf Bars.

Dosage

2 mg. to 5 g. (bark).

Corrigent

Sikanjbin (syrup of vinegar and honey).

Tenedium

Root bark of otherFicus species, latex ofFicus glomerata Roxb. (cluster fig) orCalotropis procera (Willd.) R.Br. in1/2 quantity for external use only.

Comments

Plant is considered to possess all the medicinal attributes ofFicus bengalensis Linn. (Bohar) is not eaten likeFicus carica Linn. (Figs).

Foeniculum vulgare Miller

Family:	**Umbelliferae/Apiaceae**
Arabic Name(s):	Razyana, Samar
Urdu Name(s):	Saunf, Badyan, Rizeh, Raz
English Name(s):	Fennel, Sweet Fennel

Parts Used

Fruit, root.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

The whole plant is pleasantly aromatic. Fruits (seeds) are regarded as stimulant, carminative, masticatory (removing bad odour from mouth), flavouring agent, and condiment, emmenagogue, lactagogue, antiflatulent (the oil also), check griping of purgatives. Oil (anethole) is gastric stimulant.

Specific Action

Tonic for digestive tract (especially stomach), and for eyesight.

Medicinal Uses

Fennel is indicated as safe herbal drug in indigestion, abdominal pain, and gastritis. In flatulence, flatulent colic and stomach debility, the seeds are widely used throughout the world. It is an aromatic gastric stimulant, clears the organs of obstructions particularly the digestive tract, thoracic region, liver, spleen and kidneys. In phlegmatic and atrabilious disorders used as antiflatulent, resolves the malhumours and strengthens the eyesight. Dried fruits are used for flavouring soups, dishes and sauces, bread rolls, pastries and other confectionery items. Being official (the seed oil) in pharmacopoeias and codices of several countries from centuries, considered as corrective for less pleasant drugs particularly senna and rhubarb. A hot infusion of the fruits is useful to increase lacteal secretion and to stimulate sweating. They are also used in the manufacture of cordials and enter into the composition of fennel water, which is employed mostly as vehicle for other drugs and as flavouring agent.

Compound Preparations

Jawarish Razyana, Jawarish Mastagi Kalan, Ruh-i-Badiyan, Roghan Badiyan, Sherbet Ustukhuddus, Sherbet Khaksi, Sherbet Gaozaban, Sherbet Mushil, Arq Badiyan, Arq Birainjasif, Arq Faulad, Qurs Podina, Qurs Mulayyin, Kuhl Sadaf, Laooq Mo'tadil, Ma'jun Izaraqi, Ma'jun Sohag Sonth, Arq Badiyan, Jawarish Kamuni.

Dosage

5 to 7 g.

Corrigent

Coriandrum sativum Linn., white sandal wood (Santalum album Linn.).

Tenedium

Bekh Badiyan (root of Fennel),Tukhm Krafs (seeds ofApium greveolens Linn.).

Comments

The roots also used medicinally as that of seeds. Excessive use may be harmful for individuals with warm temperament.

Fomes igniarius (Fr.) Gill.

(making White Heart Rot of Deciduous Trees)

Syn.: Fomes nigricans (Fr.) Gill.,
Boletus igniarius Linn.,
Phellinus igniarius Quel.,
Mucronosporus igniarius Ell. & Ev.,
Polyporus igniarius Fr.,
Polyporus nigricans (Fr.) Gill. (black variety formation)

Polyporus officinalis Fries (The white Agaric)

Family: **Polyporaceae/Homobasidiomycetes**
Arabic Name(s): Ghariqun
Urdu Name(s): Ghariqun, Mashan
English Name(s): White Heart Rot/Larch Agaric

Parts Used

Porous, smooth, ungulated, decorticated white friable pieces.

Quality/Temperament

Warm and dry in third order/warm in first order, dry in the third.

Functions and Properties (Pharmacological Actions)

With acrid odour and bitter taste in small doses it acts as astringent, anticatarrhal for bronchial secretions, desiccant for milk secretion (in breasts), remove all kinds of visceral obstructions and expel malhumours when given as purgative in large doses where it also acts as emetic. Also deobstruent, demulcent, styptic, diuretic and emmenagogue.

Specific Action

Purgative of atrabile and excess phlegm, diuretic and emmenagogue.

Medicinal Uses

Ghariqun as an astringent and anhydrite is administered with liquorice to check night sweats, diarrhoea and phthisis, to diminish bronchial secretions and to dry up the milk after weaning. As demulcent and deobstruent given in fevers, jaundice, nephritis, uterine obstructions, phthisis, dyspepsia, haemorrhages (from respiratory tract) and pains in the joints. May also act as alexipharmic (antidotary) in toxin producing infections (like diphtheria). It is believed to remove all kinds of visceral obstructions and catarrhs freely available in digestive system. Administered with honey in eruptive fevers to promote rising of symptoms (eruptions).

Compound Preparations

Hab Ayaraj, Itrifal Ghudaddi, Anqaruya-i-Kabir, Sherbet Mushil, Ma'jun Talkh, Ma'jun Murawwehul-Arwah, Mufarreh Kabir.

Dosage

500 mg. - 2 g. (approximately).

Corrigent

Castoreum and fresh milk.

Tenedium

Citrullus colocynthis Schrad;Euphorbia antiquorum Linn.

Comments

Large doses may give rise to watery motions, nausea and vomiting, excessive sweats, convulsions and membranous infection in throat. Regarded as harmful for nursing mothers.

Fraxinus ornus Linn.
F. rotundifolia Mill

Syn.:	F. parvifolia Lam.,F. oxycarpa Willd., F. syriaca Boiss.
Family:	**Oleaceae**
Arabic Name(s):	Turanjbin, Lisan al-`Asfur
Urdu Name(s):	Shakar Jawasa, Gond Jawasa
English Name(s):	Manna

Parts Used

Manna obtained by incision from the stem (or exudes itself from the plant).

Quality/Temperament

Balanced temperament inclined towards warmness.

Functions and Properties (Pharmacological Actions)

Laxative, purgative for excess bile (and biliousness), expectorant of phlegm, aphrodisiac tonic and fattening.

Specific Action

Diuretic, antipyretic and antirheumatic.

Medicinal Uses

The manna has been referred as best suited for sensitive individuals (temperamentally) and for children who have weak and lean posture. Small round whitish brown dried exudation are administered as safe laxative, expectorant of phlegm and antibilious. Used in thoracic complaints like hoarseness, cough, bronchitis etc. and to potentialize the purgative action and as corrective added with other laxatives. Used in tonic preparations administered for the purpose of increasing weight and as aphrodisiac. Relieves the dry states in thoracic region, reduces bilious fevers and indirectly acts against spasmodic affections particularly of the soft tissues.

The exudation has soft structure and boiling or intense heating may loose its pharmacological activity, therefore its infusion use is in vogue.

Compound Preparations

Dawa-al-Turanjbin, Sherbet Shafa, Qurs Tabasheer Mulayyin, Lubub Barid, Laooq Sapistan Khiyar Shambari, Ma'jun Mobahee Antaki.

Dosage

25 g.

Corrigent

Zizyphus jujuba Mill., and its varieties.,Prunus bukhariensis Schn.

Tenedium

Fraxinus floribunda Wall. exudation and sugar.

Comments

Regarded as ideal laxative for administration in children due to its sweet taste and safe action on the relevant tissues and organs.Gazangbeen is another type (of exudation) which is obtained fromTamarix species. (Hedysarum alhagi Linn. orAlhagi maurorum Tourn. has also been referred in literature asTuranjbin, but it does not seems correct because this species has been namedMann after exuding the manna like other species ofTamarix mannifera Ehrenb. andSalix rosmarinifolia (L.) Guiges).

Fumaria indica (Haussk) Pugslay

Syn.: Fumaria parviflora W. & A.
Family: **Fumariaceae**
Arabic Name(s): Shahtaraj, Hashishatul Rakhs Hindi
Urdu Name(s): Shahtarah, Pitpaprah,Shahtaro, Baqlatul-Malik
English Name(s): Fumitory

Parts Used

Above ground parts.

Quality/Temperament

Compound action, balanced/normal in coldness and warmness and dry in second order.

Functions and Properties (Pharmacological Actions)

Diaphoretic, sudorific, diuretic, laxative, cholagogue, stomachic, anthelmintic, tonic and sedative, alterative (for fevers), blood-purifier - reported to have antibiotic effects.

Specific Action

Alterative (for fevers) and as blood purifier.

Medicinal Uses

Fumitory is regarded as a tonic for stomach, blood purifier particularly for the chronic ailments like syphilis, scrofula and leprosy. Administered in gastric disorders such as constipation, dyspepsia, due to debilitating conditions (or insensibility) of the liver and intestines, as well as for jaundice. Applied with success in skin complaints which arise particularly due to blood disorders. In chronic fevers added with other suitable drugs, it acts as an effective alterative (antiperiodic).

Its decoction and infusion directly help body in getting rid of black bile (in excess) and thus purifies the blood. It is therefore regarded as useful against melancholic disorders.'Arq is effective against those conditions which arise due to blood disorders.

Compound Preparations

Itrifal Shahtarah, Itrifal Mundi, Hab Musaffi Khun, Safuf Barg Hina wala, Safuf Chob Gaz wala, Arq Murakkab Musaffi Khun, Arq Shahtarah, Suduri, Ma'jun Juzam, Ma'jun Chob Gazwali, Ma'jun Ushba, Ma'jun Mundi, Mufarreh 'Azam.

Dosage

5 to 7 g. (approximately).

Corrigent

Cichorium intybus or its extract/infusion in water.

Tenedium

Chiraitah (Chebulic myrobalan) andCassia senna Linn.

Comments

Blood purifier of high repute in Unani medicine, prolong use is considered as harmful for lungs.

Garcinia morella Desrouss.
Garcinia cambodia Desrouss.

Family: **Guttiferae**
Arabic Name(s): Farfeeran
Urdu Name(s): 'Usarah e Rewand Rewand, Farfeeran, Vilaiti Imli, Rewand-Ros
English Name(s): Gamboge

Parts Used

Milky juice.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Powerful hydragogue cathartic, anthelmintic (especially for tapeworms), mild diuretic, antispasmodic, anticonstipatory.

Specific Action

Hydragogue cathartic, active against excessive malhumours (all types) and against cold affections of atrabilious/ spasmodic origin.

Medicinal Uses

The gum resin obtained fromGarcinia spp. is used to get rid of toxic or putrefied malhumours present in the body due to various physiological or organ dysfunctions. It removes such putrid matter by purgation and may cause emesis. It does not stays long in the stomach and due to its quick action proves effective against brain and nervous disorders for example paralysis, facial paralysis, convulsions, epilepsy, severe constipation and dropsy as well as to kill the tapeworms and to expel them out of the body. Mostly combined with carminatives and then administered. It is regarded as one of the useful purgatives effective for arthritis. Suitable sweet syrup after making the decoction concentrated is administered following the prescription, cumin, coriander and opium seeds are mixed with it in any suitable form. Regarded as useful against abnormal leucorrhoeal discharge, gonorrhoea and gleet and to lessen both the irritation and discharge of matter. Juice is used

locally as gargle in tonsillitis and as lotion in prolapsus ani and prolapsus vaginae.

Compound Preparations

Hab 'Usarah.

Dosage

60-125 mg. (approximately).

Corrigent

Rose petals preserve (Gulqand) and brown sugar as well as resinous gums.

Tenedium

Convolvulus scammonia Linn. andRheum emodi Wall.

Comments

Garcinia pictoria Roxb. (andG. hanburii B.P.) also render this gum resin. The gum resin has been given the name 'Usara Rewand (extract ofRheum) due to the reason that its colour, functions and properties are similar to that ofRheum emodi Wall. (Rhubarb). In large doses Gamboge resin may cause gastro-enteritis and death. Not feasible for administration to individuals with increased sensitivity, to infants and people above 60 years age, in case of stomach inflammatory conditions, nor to pregnant and those women having menstruation.

Gardenia gummifera Linn.
Gardenia campanulata Roxb.
Gardenia floribunda Roxb.

Family: **Rubiaceae**
Arabic Name(s): Shaukul Kash
Urdu Name(s): Dikamali, Dakmali, Dhikmali
English Name(s): Cambi Resin

Parts Used

Gum.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Externally the resinous exudation is regarded as stimulant, antiseptic, antispasmodic. Internally antiperiodic, cathartic, antispasmodic, carminative, anthelmintic, alterative, nervine sedative and resolvent of obstructions in blood circulation.

Specific Action

Antispasmodic, anthelmintic (for roundworms).

Medicinal Uses

The resinous exudation ofGardenia spp. is of the shape of beleric and chebulic myrobalans, gives unpleasant odour and when applied as external application on foul ulcers and sores, it keeps the flies away. The resin though not as effective as gum Gugal, however administered to reduce extra body fat and to bring spleen to its normal size. Decoction of the resinous exudation is useful as alterative in fevers, alone or combined withClerodendron infortunatum Linn. (Dum Dum) root, in flatulent dyspepsia and spasmodic nervous diseases including hysteria, uterine spasm and tension, flatulent dyspepsia etc., and relieves colic in children produced as a result of dentition. Finds much use as anthelmintic and to expel round worms.

Compound Preparations

As aqueous extract along withHyoscyamus niger Linn.

Dosage

500 mg.

Corrigent

Saffron andCochlospermum religiosum Engl.

Tenedium

Gum resin obtained fromCommiphora mukulEngl./ Balsamodendron mukul Hook ex Stock.

Comments

Randia spinosa (Thunb.) Poir. Syn.Gardenia spinosa Thunb., andRandia tetrasperma (Roxb.) Benth. & Hk. Syn.Gardenia tetrasperma Roxb. rendering approximately same resin can also be used in case ofG. gummifera Linn. (gum) non- availability (fruit of the speciesG. gummifera is indigenously known asChut-Mut-Mandu, and the gum resin possess specific unpleasant smell).

Glycyrrhiza glabra Linn.

Family:	**Papilionaceae**
Arabic Name(s):	Aruq al Misri, Aruq as Soos, Asl al-Soos
Urdu Name(s):	Mulaithi, Asalas-soos, Khoga Waley, Mithi Kaathi, Malkhuzgi,Malkhuzi, Khwazha, Malkhuzigi
English Name(s):	Liquorice, Glycyrrhiza

Parts Used

Roots.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Cooling, demulcent, expectorant, diuretic, sedative, gentle laxative, concoctive, local stimulant, anti-inflammatory.

Specific Action

Expectorant.

Medicinal Uses

The root of Glycyrrhiza is considered as hot and dry, suppurative, demulcent and lenitive, relieving thirst and cough and removing unhealthy humours, also diuretic and emmenagogue, useful in asthma and irritable conditions of the bronchial passages.

Reputed for hoarseness of voice in Unani medicine for centuries in asthma, irritation of the larynx - largely employed for relieving sore throat. It is much used for flavouring medicinal decoctions and as base for pills. In coughs and catarrhal affections of the throat and pulmonary mucus membrane, also in dysuria and oedema of the belly due to urinary trouble, it proves useful. The compound liquorice powder is a mild laxative owing to Senna and sulphur contents. In large doses the drug shows mild mineral-corticoid and anti-inflammatory actions and has been used in the management of rheumatoid arthritis and Addison's disease.

Compound Preparations

Sherbet A`ijaz, L`aooq Sapistan, Itrifal Mundi, Banadiqal-Bazur, Tiryaq-i-Masana, Hab Awaz Kusha, Hab Maghz Badam, Dawai Sandal, Safuf Lodh, Safuf Longa, Sherbet Faryad Ras, Laooq Bihdana, Laooq Nazla, Laooq Amaltas.

Dosage

3 to 6 g.

Corrigent

Cochlospermum religiosum (L.) Alston (in kidney ailments).Rosa damascena Mill. (in splenic disorders).

Tenedium

Cochlospermum religiosum (L.) Alston (in pain or other disorders of thoracic region), alsoPlantago ovata Linn. in mucous membrane disorders.

Comments

In large doses may cause sodium retention and potassium loss leading to hypertension, water retention and electrolyte imbalance.

Gossypium herbaecum Linn.
Gossypium neglectum Todaro

Syn.: G. arboreum var.neglectum Cooke, (andG. herbaecum Linn. as parent)

Gossypium wightianum Todaro

Syn.: G. herbaecum L. var.wightianum Cooke
Family: **Malvaceae**
Arabic Name(s): Habul Qatan, Shamiul Arab, Ainun
Urdu Name(s): Panbah dana, Binola, Kapah, Kapas
English Name(s): Cotton seeds

Parts Used

Seeds and oil.

Quality/Temperament

Warm and moist in second order.

Functions and Properties (Pharmacological Actions)

Fattening, aphrodisiac, semenagogue and lactagogue, expectorant and purgative of excess phlegmatic humour, detersive.

Specific Action

Aphrodisiac and emollient for chest.

Medicinal Uses

Sweet dish made of seed kernels of cotton or as (a pap) a caudle of suji, sugar, milk, water, anise and cardamoms is utilized as nutritive, fattening, aphrodisiac, semenagogue and lactagogue. Used in coughs due to its expectorant and laxative action especially for phlegm. Having useful sap detersive action, included in embrocations (Tila), active against freckles, pimples and grey spots on body, skin and face, massaged over the affected parts it relieves such conditions and complaints.

Sweet pap of the seed kernel is also regarded as effective against headache. The oil can be used as substitute for olive oil. Oil use as pessary acts as emmenagogue, ecbolic and expellant of the placenta. Use of pessary dipped in cotton oil is regarded as antifertility (contraceptive when used for

considerable or prescribed duration). Syrup of the flowers is considered useful against insanity and melancholic disorders (particularly hypochondriasis).

Compound Preparations

Ma'jun Aard Khurma, Lubub al-Asrar, Ma'jun Panba Dana, Ma'jun Sa'lab, Ma'jun Jiryan Khas, Ma'jun Murawweh ul-Arwah, Roghan Panba Dana.

Dosage

5 to 9 g.

Corrigent

SyrupViola odorata Linn. or Khamira Banafsha (preparation).

Tenedium

Acacia arabica Linn., Carthamus tinctorius Linn.

Comments

Described as harmful for kidneys in large doses or prolonged excessive use.

Grewia asiatica Linn.
Grewia asiatica var. vestita Masters
Grewia haenesiana Hole

Syn.: G. sublinaequalis Parker.,

Grewia elastica Royle

Syn.: G. vestita Wall.
Family: **Tiliaceae**
Arabic Name(s): Falsah
Urdu Name(s): Falsah, Palsah, Falsa, Pharwa
English Name(s): Phalsa

Parts Used

Bark and root.

Quality/Temperament

Cold and moist in second order.

Functions and Properties (Pharmacological Actions)

Antibilious, useful against blood heat, as febrifuge in bilious fevers, antinauseant, antiemetic, antiretching, astringent, tonic for heart, stomach and warm liver, demulcent (in rheumatism).

Specific Action

Effective against bilious fevers and palpitation.

Medicinal Uses

Juice of the fruit ofGrewia spp. is effective against bilious disorders, and sweet syrup made of this juice is therefore useful for nausea, vomiting, retching, bilious fever. The root bark (under the name of root barkFalsa Shakari) is effective against gonorrhoea and urethritis, to reduce blood heat and to alleviate thirst. Being cardiac, liver and stomach tonic useful against palpitation and misanthropy and complaints which arise due to cardiac debility. Acts as astringent and stops bilious diarrhoea. As infusion, made up of the bark is prescribed for dysuria and haematuria. Infusion is also effective against diabetes, and as demulcent in rheumatism. Leaves and the buds are used as useful application to pustular eruptions.

Compound Preparations

Sherbet Falsah.

Dosage

As fruit: 12-60 g., water extract 24-36 ml., bark in decoction 12-24 g. (approximately).

Corrigent

Rose petals preserve (Gulqand),Pimpinella anisum Linn. and Ma'jun Kamuni.

Tenedium

Prunus bokhariensis Royle ex C.K. Schn. Syn.P. communis Huds. var.institia Hk. f.

Comments

The above mentioned two varieties differ in that one (Falsa sherbeti) is a small tree (3 ft. or a bit above), other (Falsa Shakari) is a large tree.

Gymnema sylvestre R. Br.

Family: **Asclepiadaceae**
Arabic Name(s): Hashishatul Saboon
Urdu Name(s): Gurmar Buti
English Name(s): Gymnema Plant, Miracle fruit, Sweet fruit

Parts Used

Leaves.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Leaves cause temporary insensitivity of the taste buds, are abrasive in action and antidotary against drug-induced toxicity. Leaves also possess symptomatic hypoglycemic activity. Dried root is absorbent, astringent, stomachic, tonic, refrigerant, antiperiodic, diuretic. Root is also considered effective against adverse effects produced by intoxication and poisonous insect bites.

Specific Action

Absorbent, abrasive, antidotary, symptomatic, hypoglycemic activity.

Medicinal Uses

About 12 grams leaves ofGymnema sylvestre R. Br. if chewed and ingested relieve the adverse affects of intoxication that is caused or expected to be caused by alcohol (consumption) or opium. Decoction of the root possesses antidotary activities against poisonous insects attacks and snake bite, the decoction is administered in recommended doses at suggested intervals. Dried root powder is sprinkled on the affected site which absorbs the poison present locally. As single preparation (decoction of leaves or roots) or with other suitable drugs given for symptomatic relief of diabetes mellitus. Dried root powder dusted upon the wounds or made into paste with water and also given as decoction internally act as astringent. Decoction is also useful in fever and cough. Applied on swollen glands and for the recovery of enlarged viscera of the liver and spleen regions. The leaf juice acts as abrasive against opacity of the cornea (macula).

Compound Preparations

WithSyzgium jambos (L.) Alston seeds and ginger, the root gives good results in treating diabetes mellitus (symptomatically).

Dosage

Safuf (Powder) 3-7 g.

Corrigent

Piper nigrum Linn. and common salt.

Tenedium

Syzgium jambos (L.) Alston seed kernel (in diabetes) andMomordica charantia Linn. in other attributes. Sodium diglutamate to produce insensibility of taste.

Comments

With fried (or burnt) seed kernel of Jamun and dried ginger, root is made into powder and administered in recommended doses. This preparation is regarded as of benefit symptomatically in diabetes mellitus. Use of recommended doses is suggested to be of long duration, that may last for about or more than two to three months. On account of its property of destroying sugar taste it is named as Gur-mar (sugar-destroying).

Helicteres isora Linn.

Family: **Sterculiaceae**
Arabic Name(s): Ghoshnah, Ghoshnatah
Urdu Name(s): Maror Phalli, Gasht Bargasht, Pechak, Wanderhi
English Name(s): Screw Bean/Screw Tree

Parts Used

Fruit (capsules/pods), root bark, seeds and juice.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Resolvent, demulcent, stomachic, mild astringent, antidysenteric, detergent, sedative, antiphlegmatic (laxative).

Specific Action

Antiphlegmatic in intestinal complaints, antidysenteric.

Medicinal Uses

Screw bean being resolvent and sedative alleviates disorders caused due to phlegmatic malhumours, particularly useful against colic, flatulence, diarrhoea and dysentery. The fried pods are administered in treatment of chronic dysentery. Seeds powdered and mixed in castor oil forms good application in otorrhoea, ulcers, sores and relevant infection in the ear. Root bark and juice of the pods are both individually resolvent, demulcent, and astringent, used in decoction or infusion to check diarrhoea and dysentery, to relieve griping pain in the bowels and as antiflatulent to children. Decoction of the root bark is also useful in diabetes where it reduces the quantity of sugar in urine. The pods particularly resolve cold (phlegmatic) inflammations and swellings and as detersive and anti- inflammatory applied on ringworm mixed with vinegar.

Compound Preparations

Ma'jun Jograj Gugal.

Dosage

4-7 g. (approximately).

Corrigent

Rosa damascena Mill. and Cochlospermum religiosum (L.) Alston (Katira).

Tenedium

Aloe barbadensis Mill., Aloe vera Linn. and other indigenous species of Aloe.

Comments

This is a tall shrub or a small tree much resembling the common hazel, bright red and showy flowers appear in the rains. It has been referred as Kisht-bar-Kisht by Ibn Sina and has described it as hot and dry in the third order. Excessive use of pods (or its various preparations) is regarded as harmful for causing impotency. Roots may be used as substitute for Althaea officinalis Linn.

Helleborus niger Linn.
Helleborus viridis Linn.

Family:	**Ranunculaceae**
Arabic Name(s):	Kutki
Urdu Name(s):	Khurasani Kutki, Kharbiq Siyah, Kali Kutki, Kali Kutaki
English Name(s):	Black Hellebore

Parts Used

Rhizome

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Bitter, stomach and liver tonic, carminative, cathartic, emmenagogue and anthelmintic, in large doses narcotic poison, antibilious, local anaesthetic, antiperiodic, alterative and preventive for malarial fevers, resolvent of inflammations internally and externally.

Specific Action

Useful against atrabilious and phlegmatic cerebral affections as antispasmodic and for chronic skin affections.

Medicinal Uses

To procure stomach tonic, carminative and laxative action on the digestive system, black hellebore is administered where its comparatively high dose (125 mg. - 1 gram or more) brings loose motions and acts as hydragogue cathartic. Acts as vermifuge and as antipyretic in chronic fevers. Administered in small doses as powder in indigestion, loss of appetite, dropsy, oedema due to liver complication, whereas in chronic bilious fevers, its decoction is prescribed with bark of Azadirachta indica A. Juss. (Neem). The root is employed with success in apoplexy, amenorrhoea, epilepsy, hypochondriasis, mania, melancholia and chronic skin affections. Dried root powder in small doses is given with aromatics in dyspepsia. Powdered and mixed with same quantity of sugar, it is given as preventive for malaria in doses not exceeding 1 gm (to 1.5 gm).

Compound Preparations

In Jawarishat (pleasant-taste stomachics) and Zimadat (pastes/embrocations).

Dosage

25 mg. - 50 mg. (approximately).

Corrigent

Almond oil, Pistacia lentiscus Linn. (Mastagi), Cochlospermum religiosum (L.) Alston (Katira).

Tenedium

Picrorhiza kurrooa Benth. (Kharbaq Hindi) in liver affections.

Comments

May cause vomiting, diphtheria and symptoms of spasmodic affections like convulsions/cramps or eclampsia. In toxic doses it may cause gradual paralysis of the heart, convulsions and death.

Hemidesmus indicus R. Br.

Family: **Asclepiadaceae**
Arabic Name(s): Ushbah, Hammaz Hindi, Ushbah
Urdu Name(s): Ushbah Maghrabi
English Name(s): Sarsaparilla

Parts Used

Root.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Diuretic and urinary stimulant, alterative, tonic, sudorific, depurative, resolvent of inflammations, attenuant, demulcent and blood purifier.

Specific Action

Alterative and diuretic/most effective against melancholic disorders (e.g. syphilis and leprosy).

Medicinal Uses

Sarsaparilla is used in syphilitic and chronic rheumatic affections, employed in chronic affections of the liver, as vehicle for flavouring agents and for medicaments. Prescribed for dyspepsia, loss of appetite (i.e. nutritional disorders), skin diseases and ulcerations, and for leucorrhoea. Root powdered and mixed with cow's milk is given with much benefit in cases of scanty and coloured urine and in cases of gravels and strangury. This species is considered more useful as alterative tonic and blood purifier. In certain home-remedies it is added to allay genito-urinary complaints. Its preparations promote health and vigour and cure all kinds of diseases caused by vitiated blood. The results show that the medicinal value of Sarsaparilla is in no way inferior to foreign Sarsaparilla (i.e. Smilax spp.).

Compound Preparations

Ma'jun Ushbah, Sherbet Ushbah, 'Arq Ushba, Arq Maul Laham Ambari Ba Nuskha Kalan.

Dosage

5-7 g. (approximately).

Corrigent

Almond oil.

Tenedium

Chob Chini (Smilax chinensis Linn.), Smilax aspera Linn., S. vulgaris Dcne. are also used.

Comments

Harmful in fevers of warm origin as well as for patients having warm temperament (on prolonged use or when used in large doses).

Hibiscus moschatus Medic.

Family: **Malvaceae**
Arabic Name(s): Habul Mushk
Urdu Name(s): Mushk Dana, Kastur dana
English Name(s): Musk Mallow

Parts Used

Seeds, root and leaves.

Quality/Temperament

Cold and moist in second order.

Functions and Properties (Pharmacological Actions)

Seeds are aromatic, stimulant, carminative, astringent, cooling diuretic, stomachic, sedative, antispasmodic, nervine, ophthalmic tonic.

Specific Action

Ophthalmic tonic, **nervine tonic, antispasmodic.**

Medicinal Uses

Seeds of Musk Mallow are calcined and applied as collyrium to improve eyesight, powder steeped in aqua rose is applied on the site of insect bites, with milk the powder of seeds is used to cure itching. Seeds in infusion or decoction are useful as antispasmodic in nervous debility, hysteria, epilepsy, asthma, atonic dyspepsia and few other conditions in which musk is indicated. Seeds are used to give aroma to coffee and drinking chocolate, and included into the composition of some compound prescriptions recommended for gonorrhoea, venereal diseases, catarrh of the bladder and of the air passages, in fevers and as inhalation in hoarseness and dryness of the throat. Root and leaves macerated and made into infusion with sugar are administered to relieve spermatorrhoea, premature ejaculation and gonorrhoea.

Compound Preparations

In simple preparations along with other Hibiscus spp.

Dosage

2-3 g.

Corrigent

Raisins (Vitis vinifera Linn.) and Rosa damascena Mill. (aqua distillate).

Tenedium

Valeriana walichii DC. and Valeriana officinalis Linn. and Cinnamomum tamala (Ham.) Nees.

Comments

Cultivated widely in Punjab. Seeds used as substitute for musk, oil obtained from seeds is used in hair dressing, powdered seeds are kept in silk and wool clothes to protect from insects. Seeds have purely musky odour.

Hibiscus rosa-sinensis Linn.

Family: **Malvaceae**
Arabic Name(s): Anghara
Urdu Name(s): Gurhal, Jasun, Ghorawal, Ruh Dhan, Badsha pasand
English Name(s): China Rose, Shoe Flower

Parts Used

Flower, flower buds and leaves, root.

Quality/Temperament

Cold and moist in first order/balanced (normal).

Functions and Properties (Pharmacological Actions)

Exhilarant, astringent, cardiac tonic, febrifuge, reduces blood heat, checks urogenital discharges.

Specific Action

Exhilarant and useful against cardiac complaints.

Medicinal Uses

Due to its cardiacal attributes, China Rose is used in palpitation, tachycardia and insanity. Mostly flowers syrup is prepared for administration, however aqua and sugar preserve (gulqand) is also administered. The buds have sweet odour and bitter taste, effective against burning sensations, urinary discharges, promotes growth of foetus. Flowers fried in ghee (clarified butter) check excessive menstruation. Flowers are used externally for all kinds of inflammations (of warm origin), internally as decoction in bronchial catarrh as a sudorific.

Roots are dried and sold as a substitute for Althaea. The fresh root juice of wild variety is useful for gonorrhoea and the powdered root for menorrhagia. Generally the root is regarded as useful in cough. Leaves act as emollient and aperient.

An infusion of the flower petals is given as a demulcent and refrigerant drink in fevers. Petals are also used for tinging paper as a substitute for litmus. An oil made by mixing the juice of the petals and olive oil in equal proportions and boiling till the water has evaporated is useful as a stimulating application for increasing the growth of hair and giving them colour.

Compound Preparations

Sherbet Gurhal.

Dosage

Flowers and leaves 5-7 g., Root 2 g.

Corrigent

Filfil Siyah (Piper nigrum Linn.), sugar candy.

Tenedium

Bed Mushk (Salix aegyptiaca Linn.) in cardiac ailments.

Comments

Described in excessive use as harmful for individuals with catarrhal affections and those with cold temperament.

Holarrhena antidysentrica Wall ex A. DC.

Family: **Apocynaceae**
Arabic Name(s): Lisan al-`Asafir, Shaeer Nabvi
Urdu Name(s): Inderjo Tulkh, Tewaj (Bark), Kurchi
English Name(s): Kurchi

Parts Used

Seeds and bark.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Carminative and astringent, diuretic, increase production of semen, helpful in establishing fertilization (and pregnancy), lithontriptic, (root) anthelmintic, antidiarrhoeal, antidysenteric, sex stimulant, antiperiodic.

Specific Action

Aphrodisiac, increase formation of semen, antidysenteric.

Medicinal Uses

The bark and seeds of Kurchi are effective against colic, diarrhoea and dysentery. Dried bark powder (125 mg-250 mg) is effective in children for causing relief in diarrhoea. The liquid extract (of Kurchi) is effective for relieving persistent or chronic diarrhoea and dysentery. The bark (and its extract) is added to electuaries and powders which are prescribed as sexual stimulant and for increasing the semen formation. The bark (powder) as suppository is administered for causing fertilization and for the establishment of pregnancy (for this purpose it is also combined with saffron and honey). For causing diuresis, to get rid of kidney stones and in flatulent dyspepsia it is a traditionally esteemed simple medicine.

The seeds are generally considered to be carminative, astringent, lithontriptic, tonic and aphrodisiac. The bark proves useful in such dysentery cases where ipecacuanha and other medicines have failed and it proves useful even in amoebic dysentery and bacillary dysentery. The seeds are considered to be of value in bilious and pulmonary affections as well as in jaundice.

Compound Preparations

Ma'jun Tewaj, Safuf Habis, Ma'jun Bawasir.

Dosage

2 to 3 g.

Corrigent

Spices and sodium chloride.

Tenedium

Myrtus communis Linn., Centaurea behen Linn. and Cheiranthus cheiri Linn.

Comments

Holarrhena antidysenterica Wall. ex A. DC. is also identified as Wrightia antidysenterica G. Grah, H. mitis R. Br.

Hydnocarpus kurzii (King) Warb.
Hydnocarpus wightiana Blume

Syn.: Taraktogenos kurzu King

Gynocardia odorata R. Br.

Family: **Flacourtiaceae**
Arabic Name(s): Hadano (?)
Urdu Name(s): Chaul-moogra, Jangli badam, Chawal moogra
English Name(s): Chaul Mogra

Parts Used

Seeds and oil.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Rubefacient and vesicant, detersive and desiccative, blood purifier, alterative, stimulant and parasiticide, bacteriostatic (against tubercle bacilli) and against all symptoms produced due to putrefied malhumours.

Specific Action

Effective most herbal drug against leprosy and chronic skin conditions produced due to blood disorders.

Medicinal Uses

Chaul-moogra is reputed herbal drug for leprosy, used both internally as well as externally. Oil obtained from the plant is considered leprosy-specific. The oil is also used in intramuscular or intravenous injection for treating leprosy. The oil orally administered mixed with clarified butter having thus the consistency of a soft ointment. With lime water the oil is used as a liniment for application not only to leprous ulcerations, but also to rheumatic joints, ringworm, eczema, gout and for scurf on the head. With alkaline ashes, it is applied to abscesses, sore eyes and wounds infected with maggots, also as stimulant dressing for foul sores. The oil is rubbed in phthisis, on scaly eruptions, on scrofulous nodules, applied in skin diseases like scabies, lichen planus, prurigo and syphilis and gonorrhoea, as vaginal wash in foetid discharges especially after delivery.

Compound Preparations

Zimad Chaul-moogra.

Dosage

Seeds 1-4 mg.; oil 5 to 10 drops.

Corrigent

Milk and butter.

Tenedium

Hydnocarpus laurifolia (Dennst.) Sleumer; H. wightiana Blume, Taraktogenos kurzii King and Gynocardia odorata R. Br.

Comments

This plant is reputed for antileprous activity.

Hygrophia auriculata (Schum) Heine.

Syn.:	Hygrophila spinosa T. Anders
	Asteracantha longifolia (L.) Nees
	Barleria longifolia Linn.
Family:	**Acanthaceae**
Arabic Name(s):	Afqeet, Asfeer Aasan, Al-Aziniat al-Maiah
Urdu Name(s):	Talmakhana
English Name(s):	Asteracantha

Parts Used

Seeds and root.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Diuretic, nutritive (tonic), refrigerant, increases the viscosity of seminal fluid (glutinous), thus regarded as aphrodisiac.

Specific Action

Glutinous, avoricious and aphrodisiac.

Medicinal Uses

Powder of the seeds of Asteracantha either alone or in electuaries used frequently in spermatorrhoea and nocturnal pollution. Prescribed by Hakims for impotence and spermatorrhoea with sugar, milk, gokhru (Tribulus terrestris Linn.) and shaqaqul (Asparagus root). For general debility seeds are given as powder with milk and sugar. Decoction of the root is useful in dropsy and rheumatism, also in gravels and gonorrhoea.

Compound Preparations

Ma'jun Alkali, Hab Ehtelam, Dawai-Sandal, Safuf Khas, Safuf Kushta Qalai, Safuf Lodh, Safuf Muallif, Ma'jun Behmanain, Ma'jun Shir Bargadh Wali.

Dosage

5-7 g. (approximately).

Corrigent

Sugar, honey and milk.

Tenedium

Salep (Orchis latifolia Linn.), Asparagus spp. and Cheiranthus cheiri Linn. (Todri).

Comments

Flatulent and not easily digestible.

Hyoscyamus niger Linn.

Family:	**Solanaceae**
Arabic Name(s):	Bazaral Banj, Radi, Armaniyus.
Urdu Name(s):	Ajwain Khurasani, Telingchi, Sure, Jan Khurasani, Damtura
English Name(s):	Henbane

Parts Used

Dried and fresh leaves, flowering tops, flowers with branches.

Quality/Temperament

Varies with the variety i.e. (1) white: cold and dry in second order, (2) red: cold and dry in second order, (3) black: cold and dry in third order.

Functions and Properties (Pharmacological Actions)

Seeds are anodyne, digestive, astringent, anthelmintic, leaves sedative, antispasmodic, stimulant and mydriatic. Their effect as deliriant is milder than belladonna but greater as hypnotic, and more reliable and rapid. Seeds are more potent and regarded as styptic and repercussive.

Specific Action

Sedative and hypnotic, antiphlegmatic for productive cough.

Medicinal Uses

Seeds of Henbane are regarded useful in cough (of phlegmatic) disorders, check catarrah and haemoptysis. Relieve earache. Largely prescribed in maniacal and mental excitement, chronic dementia with insomnia, paralyses, neuralgia, hypochondriasis, functional palpitation, spasmodic affections particularly cough, asthma, hiccup, laryngismus, irritation in kidneys, uterus and bladder, as well as in hysteria. Very useful in lung, bowel, and genito-urinary complaints such as cystitis. As stomachic given with carminatives and aromatics in worm complaints, colic, and dyspepsia. Decoction of the seeds or leaves when used as gargles in desired prescription for toothache. In recommended dose the prescribed parts are used internally as well as externally (usually as sedative and anaesthetic).

Compound Preparations

Bersh'esha, Banadiq al-Bazur, Tiryaq-i-Nazla, Hab-Jadwar, Hab Lub al-Khashkhash, Halwai-Supari Pak, Dawai Siyah Kabutar Wali, Qurs Tankar, Qurs Mussalas, Ma'jun Jalali, Ma'jun Murawweh ul-Arwah, Ma'jun Muqawwi Wa-Mumsik.

Dosage

500 mg. to 1 g.

Corrigent

Honey.

Tenedium

Papaver somniferum Linn. (opium and seeds).

Comments

Long-term use or large doses may impair memory, may cause vertigo, insanity and other toxic symptoms (like hypochondria and hypnosis). White variety seeds are preferred in practice due to their mildness.

Hyssopus officinalis Linn.

Family: **Labiatae/Lamiaceae**
Arabic Name(s): Zufa Yabis, Ashnan Daud, Aisyuf
Urdu Name(s): Zufa
English Name(s): Hyssop

Parts Used

Above ground parts (particularly flowers).

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Stimulant, carminative, deobstruent, pectoral (anti-phlegmatic, expectorant-laxative), diaphoretic, resolvent, emmenagogue).

Specific Action

Pectoral (in cough and bronchial asthma).

Medicinal Uses

Hyssop being resolvent and expectorant of phlegm from pectoral region, is useful against dry cough, bronchial asthma, phlegmatic cough, acute pneumonia and catarrhal affections of the respiratory tract. For being deobstruent, administered in dropsy and liver obstructions. For resolving inflammations and swellings it is included in local applications too. Syrup and infusion is extremely useful against phlegmatic cough and asthma. An infusion or tea prepared from the plant is effective in nervous, pulmonary, digestive, uterine and urinary troubles. Sap of the leaves made into syrup with sugar and honey is used as vermifuge for round worms. The crushed herb is applied as a resolvent and vulnerary. Steeped in hot water it is used as fomentation for wounds, sprains and strains and muscular rheumatism. Also used as a salve in catarrhal ophthalmia. The infusion or syrup is also regarded as useful in hysteria and colic, sore-throat, amenorrhoea, and induration of liver and spleen. The compound syrup is also used in influenza.

Compound Preparations

Sherbet Zufa, Tiryaq-e-Masana, Sherbet Zufa Murakkab, Sherbet Sadar, Laooq Mo'tadil, Ma'jun Nankhwah, Mufarreh Kabir.

Dosage

3 to 7 g.

Corrigent

Gum acacia and pomegranate (bitter variety).

Tenedium

S`atar Farsi (Thymus serpylum Linn.), Glycyrrhiza glabra Linn. (Mulaithi), Adhatoda vasica Nees. (Arusa).

Comments

Sherbet Zufa is a reputed antiasthmatic, antiphlegmatic and anticatarrhal preparation (of Unani medicine). The herb use is contraindicated in patients suffering from liver affections.

Ipomea digitata Linn.

Syn.: Batatas paniculata Choisy

Ipomea paniculata R. Br.

Family: **Convolvulaceae**
Arabic Name(s): Qalqas Hindi
Urdu Name(s): Bidari Kand, Jobhan Jari
English Name(s): Sweet Potato

Parts Used

Rhizomes and roots.

Quality/Temperament

Cold and moist in third order.

Functions and Properties (Pharmacological Actions)

Appetitive, nutritive muscular tonic, aphrodisiac, lactagogue, demulcent, restorative, externally resolvent of inflammations.

Specific Action

Nutritive, muscular (digestive) tonic.

Medicinal Uses

The dried pieces of rhizome and root of Sweet potato are made into powder and with other suitable drugs given as lactagogue to women become deficient in producing milk. Administered as powder to weak and lean children in a gram of honey daily to increase the body weight. Powder is also useful in acting against spermatorrhoea and nocturnal pollution as well as to render aphrodisiac effects. Bruised in

water and applied on local inflammations it proves very useful. The large tuberous root is also credited to have alterative and diuretic properties.

Compound Preparations

Murrakab Bidari Kand.

Dosage

10 g.

Corrigent

Honey and sugar candy.

Tenedium

Maranta arundinacea Linn. (Arrow root), Quince (and Binoli Buti ?).

Comments

Described as harmful for individuals with warm temperament.

Ipomoea hederacea (Linn.) Jacq.

Syn.:	Convolvulus hederaceus Linn., Ipomoea nil (L.) Roth., Pharbitis nil (L.) Choisy
Family:	**Convolvulaceae**
Arabic Name(s):	Habul nil
Urdu Name(s):	Kaladana, Bildi, Aevni jo Bij
English Name(s):	Pharbitis seeds

Parts Used

Seeds (dried).

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Cathartic (hydragogue), anthelmintic, blood purifier, purgative of deranged or excess abnormal humours. Externally attenuant, detersive and resolvent of inflammatory and painful conditions caused due to malhumours (particularly due to phlegmatic and atrabilious excess).

Specific Action

Cathartic, diuretic, emmenagogue, externally attenuant, detersive, resolvent of inflammatory conditions.

Medicinal Uses

The dried seeds of Pharbitis are powdered and administered in prescribed doses with Rosa damascena Mill. or Terminalia chebula Retz. in recommended/prescribed doses or with

other suitable drugs in compound preparations. With black pepper and ginger and Aconitum heterophyllum Wall ex Royle. (Atis) it is an efficient purgative and anthelmintic particularly for feverish attacks, for tapeworms and with the addition of sugar for all conditions of irritative skin, scabies and rheumatic pains, dropsy, and other atrabilious or cold phlegmatic disorders of chest and abdomen. Externally the dried powdered seeds made into paste or ointment applied over the leucodermal and vitiliginous patches and over the irritative parts of the skin. The seeds are good adjunct to purgative draughts as well as to externally applicable resolvents, attenuants, suppurative as well as counter-irritant preparations.

Compound Preparations

Itrifal Deedan, Jawarish Shehryaran, Hab-e-Ayaraj, Hab Suranjan, Hab-e-Limun, Safuf Mushil, Ma'jun Baladur, Ma'jun Talkh, Ma'jun Jalali, Ma'jun Kalkalanj.

Dosage

1-3 g. (approximately).

Corrigent

Almond oil, extract of raisins or figs and citrus fruits.

Tenedium

Citrullus colocynthis (L.) Schrad (pulp of the fruit) and Ruta graveolens Linn. (seeds).

Comments

As cathartic, the seeds are closely allied to official Jalap and are used as its substitute, large doses or continuous use may produce cramps. To avoid this after effect, Pharbitis seeds are administered with Rosa damascena Mill. flowers (Gul-e-Surkh) or Terminalia chebula Retz. (Halela).

Iris germanica Linn.
Iris germanica L. var. florentina (Ker-Gawl) Dykes

Syn.: I. Florentine Linn.

I. germanica L. var. nepalensis Herbert

Syn.: I. deflexa Knowles & Weste;
I. germanica var. kharput Dykes

Family: **Iridaceae**

Arabic Name(s): Sosan

Urdu Name(s): Airsa

English Name(s): Orris root

Parts Used

Root, root-bark.

Quality/Temperament

Warm in third order, dry in second, other variety: warm and dry in third order. Laxative (emollient).

Functions and Properties (Pharmacological Actions)

Deobstruent, demulcent aperient, diuretic, especially active against bilious obstructions, concoctive, laxative (for phlegm), detersive and emollient for malhumours (particularly atrabile).

Specific Action

Expectorant and laxative for malhumours (from lungs) relieve rheumatic pain from the affected sites.

Medicinal Uses

Orris being deobstruent useful against liver, spleen and lung's obstructions, is effective against phlegmatic, nervous and atrabilious (excess) humoural disorders like nasal catarrh and influenza, thoracic disorders due to cold and asthma, for pain in liver and spleen., with vinegar it is useful against spleen inflammation, uterine disorders and bladder complaints, relieve inflammation of the testes. When applied externally proves effective against skin disorders particularly freckles, naevus, baldness (which is due to fungal infection) and scabies., for hard inflammations it is resolvent and emollient and added to relieve such conditions in ointments. Being detersive it is beneficial to keep the wounds clean and helps producing (fresh) new cells on the affected sites, also dries up the bruises and wounds. Powder of the root or poultice is useful application to sores and pimples, root is also chewed to sweeten offensive breath. Powdered root enters as fragrant ingredient in hair and tooth powder composition. (Iris ensata Thunb. which is warm and dry in second order may cause sneezing when smelled and is more effective in respiratory and cephalic disorders).

Compound Preparations

Sherbet Zufa, Tiryaq-i-Faruq, Roghan Kalan, Zimad Mohasa, Laooq Zeequn-Nafs (Iris ensata), Ma'jun Ruh al-Momineen, Ma'jun Murraweh ul-Arwah, Ma'jun Nisyan.

Dosage

3 to 5 g.

Corrigent

Spices and Zingiber officinale Rosc.

Tenedium

Mazariyun (Clitoria ternatea Linn., and Daphne mazereum Linn.).

Comments

Not easily digestible. Iridin the active ingredient has aperient and diuretic activity. Iridoid valeioptriates: sedative; Irigenin: cholinergic; Isoquinone: antitumour.

lJuglans regia Linn.

Syn.: Juglans fallax Dode.,
Juglans duclouxiana Dode.
Family: **Juglandaceae**
Arabic Name(s): Juaz
Urdu Name(s): Akhrot, Gardgan
English Name(s): Walnut

Parts Used

Fruit and leaves, oil.

Quality/Temperament

Warm in second order and dry in third order.

Functions and Properties (Pharmacological Actions)

Valuable dry fruit, demulcent, emollient, invigorating for muscles and brain, resolvent, aphrodisiac, antiseptic, anthelmintic (unripe fruit- vermifuge).

Specific Action

Aphrodisiac and brain tonic.

Medicinal Uses

Walnut kernel mostly used in electuaries act as aphrodisiac. With raisins and Ficus (fig) it particularly acts as brain tonic and brings mild purgation. Fried kernel is regarded as useful against cold cough. Relieves indigestion, resolves unwanted humours, kernel is palatable aphrodisiac, applied on ringworm it heals and clears the mark of the infection locally very effectively. The wound marks or scars are also cleared by the use of kernel paste in water. Oil is effective against skin eruptions, ulcers, sores, pustules and eczema. Green kernel is useful antiseptic and strengthens the gums and teeth, powdered fruit coat is also useful for teeth and gums when applied as tooth powder. Collyrium containing it as ingredient cures irritation in eyes, and watery discharge (in conjunctivitis).

Leaves decoction is useful in scrofula, rickets, and leucorrhoea and as a wash for malignant sores and pustules - these are also considered alterative, laxative and detersive. Gargles of young fruit are effective against sore throat even when slightly ulcerated. Obstinate ulcers may be cured by sugar saturated with concentrated decoction of leaves.

Compound Preparations

Lubub Kabir, Lubub Saghir, Hab Mumsik Tilai, Halwai Ghaikwar, Ma'jun Raig Mahi, Ma'jun Mobahee Antaki, Ma'jun Murawweh ul- Arwah, Ma'jun Muqawwi wa-Mumsik.

Dosage

24 to 36 g. (approximately).

Corrigent

Citrus fruits or sour articles.

Tenedium

As cerebral tonic almond oil, as aphrodisiac Centaurea behen Linn.

Comments

Corrigent for Semicarpus anacardium Linn. Large quantities or prolong use is considered as harmful for individuals with warm temperament.

Juniperus communis Linn. var. saxatilis Pall.

Syn.:	Juniperus sibirica Burgsdorff; J. communis ssp. nana (Willd.) Syme; J. communis var. montana Ait.
Family:	**Cupressaceae**
Arabic Name(s):	Zaitul Kad, Abhal, Habal, Ar'ar
Urdu Name(s):	Abhal, Petthri, Pama, Abhul-Haubera, Padma, Ahu-Bair, Apurs, Ubashta
English Name(s):	Juniper

Parts Used

Fruit (berries), stems, wood and oil.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Resolvent, desiccant, corrosive, detersive, deobstruent, astringent, stomach tonic, carminative, diuretic, emmenagogue, ecbolic.

Specific Action

Resolvent and diuretic (emmenagogue).

Medicinal Uses

Juniper fruit is tonic, sudorific, stomachic, diuretic, emmenagogue and carminative. Plant has a bad odour and sour, sweet, sharp taste, appetizer, mild astringent to the bowels, the stem is bitter, purgative, alexipharmic, styptic, vulnerary, diuretic, emmenagogue, abortifacient, useful in stomatitis, bronchitis, chest and liver complaints, piles, labour pain etc. Oil from the fruit is emmenagogue, abortifacient, tonic, anthelmintic, good for earache, toothache, piles. Nuts are useful in the treatment of gonorrhoea. Berries and oil are useful in scanty urine, hepatic dropsy, coughs and pectoral affections, in chronic gonorrhoea and leucorrhoea. Externally the oil is local skin irritant. The juice of berries and oil has some disinfectant property. Powder of the berries is rubbed on rheumatic and painful swellings. Berries have been used for fumigation, these berries roasted and ground used as substitute for coffee, they are also used as conserve. Various parts of juniper have successfully been applied for rheumatism and arthritis, as well as for dysmenorrhoea. Ashes of the bark applied in certain skin affection for relief. Wood is sudorific, is resinous and used in incense.

Compound Preparations

Ma'jun Mudir Tams, Sherbet Tammas, Sherbet Mudir, Ma'jun Sohag Sonth.

Dosage

3 to 5 g. approximately.

Corrigent

Honey and butter.

Tenedium

As stomach tonic Cinnamomum tamala Nees & Eberm. and Ruta greveolens Linn.

Comments

Large doses or prolong (continuous) use may render ecbolic effects.

Kaempferia galanga Linn.

Family: **Zingiberaceae/Scitaminaceae**
Arabic Name(s): Java Galangal
Urdu Name(s): Kapur Kachri, Chandramul
English Name(s): Kaempferia, Galanga

Parts Used

Rhizomes/Tubers.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Diuretic, carminative, stimulant, expectorant, antiphlegmatic, masticatory, aromatic, liver and stomach tonic, detergent, exhilarant, blood purifier, alterative (in fevers due to excess phlegmatic malhumour), antiseptic and corrigent.

Specific Action

Aromatic, carminative, antiphlegmatic, detersive.

Medicinal Uses

The aromatic leaves and roots of Galanga are generally used in perfumes, in hair washing preparations, kept in clothes and used as masticatory (in betel leaves with Areca nut). As appetizer and stomach tonic, tubers are powdered and included in preparations (like Safuf Chutki) as corrective of stomach upset, to allay colic and improve appetite, and mixed with honey administered in coughs and pectoral affections, boiled in oil they are applied externally to remove obstructions in the nasal passages. As masticatory it removes the putrid smell of buccal cavity which is due to digestive disorders. External preparations are used for removing pimples, freckles and spots. Included in oral formulations administered as exhilarant, blood purifier and alterative, proves useful against skin affection which are due to blood disorders. Decoction is effective against nasal catarrh and fevers due to phlegmatic disorders of the respiratory system when administered with honey and glycyrrhiza.

Compound Preparations

Ma'jun Chob Chini, Muffareh Shaikhul Raees, Safuf Chutki, Jawarish Mastagi Kalan, Dawaul Misk Har Jawahardar, Roghan Kalan, Sunun Kalan, Arq Maul Laham Ambari Ba Nuskha Kalan.

Dosage

1 to 3 g. (approximately).

Corrigent

Sherbet Sandal, Sherbet Banafsha.

Tenedium

Kaempferia angustifolia Rosc. and K. rotunda Linn.; in throat affections Glycyrrhiza glabra Linn. (Mulathi).

Comments

Hedychium spicatum Ham. (known as Kapur Kachur/Kapur Kachri) is also sold in bazaars as Kapur Kachri (particularly in hair washing powders or like preparations). Hedychium coronarium Koenig. Retz. has also been reported from Wah and Attock. Kaempferia angustifolia Rosc. and Kaempferia rotunda Linn. are other species which render this herbal drug.

Lactuca serriola Linn.

Syn.: Lactuca scariola Linn.

Lactuca sativa Linn.

Family: **Compositae/Asteraceae**
Arabic Name(s): Bazr ul-Khas, Khasarul Tabqari, Khasarul Zait
Urdu Name(s): Kahu, Salad
English Name(s): Lettuce

Parts Used

Seeds.

Quality/Temperament

Cold and moist in second order.

Functions and Properties (Pharmacological Actions)

Antibilious, blood purifier, diuretic, stomach tonic (especially when heat is more), appetite stimulant, lactagogue, preventive of environmental affects, anodyne, sedative, hypnotic, expectorant, tonic against general debility and for lungs.

Specific Action

Antibilious, antiflatulent, tonic, seeds possess anodyne, and hypnotic activities.

Medicinal Uses

Lettuce is one of the esteemed preventive herbal drugs of the traditional herbal systems and as salad or as medicine the seeds in prescribed doses or recommended quantity are used to prevent the toxic affects of environment or atmosphere and water which contain adverse epidemic infectious organisms. Lettuce and lettuce seeds reduce biliousness and bilious heat, quench thirst, bring sleep and diuresis. Its use as salad or in medication act as lactagogue in nursing mothers, brings appetite and relieves stomach-ache. Seeds extract is useful against phlegmatic cough, asthma, bronchitis pertussis, nervousness, palpitation, insanity and melancholy, as well as jaundice and gonorrhoea. Seeds in powder are effective against fevers, in

decoction for insomnia and wakefulness due to overwork, spermatorrhoea etc. Lettuce leaves poultice is an effective soothing application for painful ulcers. In hot water leaves are administered to treat dyspepsia and liver complaints. The herb use is regarded as more favourable for individuals with bilious and sanguine temperament.

Compound Preparations

Qurs Mussalas, Qurs Tabashir Kafuri, Roghan Lubub Sab'a, Tiryaq Nazla, Safuf Tabashir, Arq Fawakeh, Arq Maul Jubn, Qurs Ziabitus, Laooq Ab Tarbuzwala, Ma'jun Mughalliz Jawaharwali, Mufarreh Shaikhul-Rais, Mufarreh Yaquti Mo'tadil.

Dosage

3-5 g. (seeds), water of leaves approximately 24-48 ml.

Corrigent

Pistacia integerrima Stewart ex Brandis (Kakra-Singi), Mentha spp. (Mint) and Apium graveolens Linn. (Celery), or when used as salad with vinegar.

Tenedium

Portulaca oleracea Linn. (Khurfa) leaves diluted infusion or diluted water extract.

Comments

Lactuca sativa Linn. (Kahu) is cultivated frequently in kitchen gardens to obtain Salad (leaves) whereas, L. serriola Linn. (Syn. L. scariola) is annual field and wayside weed found commonly in plains as well as on high attitudes. Leaves of lettuce are also used as tea in some Northern areas of Pakistan. Lettuce contains high quantities of vitamins and exceptionally rich in iron. Seeds possess anodyne and hypnotic activities, but their after affects are not like opium. Wild varieties possess sedative property in greater degree than cultivated-ones.

Lagenaria siceraria (Molina) Standley

Syn.:	Lagenaria vulgaris Ser. Cucurbita siceraria Molina., C. lagenaria L.
Family:	**Cucurbitaceae**
Arabic Name(s):	Qarr*f*
Urdu Name(s):	Kaddu, Qarra, Kaddu-e-Daraz, Loki, Kadu, Tumba, Toomri, Hurrea-Kaddu
English Name(s):	White Gourd

Parts Used

Pulp and leaves.

Quality/Temperament

Cold and moist in second order.

Functions and Properties (Pharmacological Actions)

Nutritive (light vegetable), digestive, diuretic, emollient and febrifuge, reduces heat of (excess) biliousness, and blood heat.

Specific Action

Antibilious (reduces heat due to excess biliousness) febrifuge, sedative.

Medicinal Uses

White gourd (fruit) is a common vegetable, leaves are edible but purgative, so not used very much. Pulp of the fruit is employed as an adjunct to purgatives and also as ingredient in various confections - useful in cough and as an antidote to certain poisons. The pulp is also eaten with vinegar or made into curry and used in sweets. It is cooling, refrigerant, sedative, diuretic and excites fluid contents in the body. Either eaten alone as curry, with pulses or meat. It is a good nutrition for people with bilious and sanguinous temperaments and recommended as the best diet for patients of tuberculosis and for those passing through convalescence stage following chronic attack of a disease. Oil obtained from the white gourd is useful in retarding brain and scalp dryness and bring sleep. In biliary fevers, bleeding from internal organs and in tubercular haemoptysis water obtained from this vegetable is useful, as well as to combat liver heat. Seed kernel enters into traditional brain tonic and refrigerant preparations.

Compound Preparations

Arq Maul Jubn, Arq Hara Bhara, Qurs Kafur, Qurs Tabashir Mulayyin, Qurs Kahruba, Ma'jun Murawweh ul-Arwah, Ma'jun Muqawwi wa Mumsik, Muffareh Barid Jawahar wali, Muffareh Barid Sada, Muffareh Shaikh ul-Rais, Muffareh Yaquti Mo'tadil, Ma'jun Sang-e-Sar-i-Mahi.

Dosage

3-5 g.

Corrigent

Caryophyllus aromaticus Linn. (Laong), Aquilaria agallocha Roxb. (Ood).

Tenedium

Petha (white pumpkin).

Comments

Common vegetable. Unripe fruit is toxic for stomach and intestines, and the ripe is harmful for people with cold temperament.

Laurus nobilis Linn.

Family: **Lauraceae**
Arabic Name(s): Hab-el-Ghaar,Wara Yar, Wara Lawru
Urdu Name(s): Hab-el-Ghar, Ghar
English Name(s): Cherry Laurel

Parts Used

Fruit, seeds.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Berries possess stomach tonic, nervine sedative, stimulant, astringent, resolvent (of inflammations), diuretic and emmenagogue, antiasthmatic, lithontriptic activities.

Specific Action

Resolvent of inflammation and flatulence, lithontriptic.

Medicinal Uses

The berries of Cherry laurel are used as stomachic, stomach tonic and nervine stimulant, the seeds resolve internal inflammations and gastric tension as well as relieve flatulent colic. Cause diuresis and menstruation and are effective against cough, bronchitis and asthma. Decoction of the berries bark or leaves when used continuously for few days get rid of the obstructions, inflammations or stones present in urinary organs by resolving them slowly and extracting them out of the body slowly. Thus also relieves the kidney pain and painful leucorrhoeal discharge. Oil of the seeds is used locally to relieve rheumatic and arthritic pains or inflammations over the soft tissues.

Compound Preparations

Tiryaq Rabih, Ma'jun Baladur, Tiryaq-i-Samania.

Dosage

1 to 2 g. (approximately).

Corrigent

Pyrus cydonia Linn. and Cochlospermum religiosum (L.) Alston.

Tenedium

In its lithontriptic action Coleus aromaticus Benth. (Pathar-Chatta).

Comments

The leaves when inhaled may cause allergy.

Lavandula stoechas Linn,.

Family:	**Labiatae/Lamiaceae**
Arabic Name(s):	Danimo, Abul-lawaleh Ashqar, Ustu-Khuddus
Urdu Name(s):	Ustu Khuddos, Dharo, Jarob-Dimagh
English Name(s):	Stoechados, True Lavender, French Lavender

Parts Used

Above ground parts.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Cephalic, nervine (tonic), deobstruent, carminative, resolvent, expectorant, stimulant, antispasmodic, antiphlogistic, emmenagogue. Oil fragrant with agreeable aromatic odour, used frequently in perfumery.

Specific Action

Cephalic, nervine, useful against chronic catarrh and headache, antiphlegmatic for intellectual faculties and respiratory tract.

Medicinal Uses

The dried plant and flowers both of Lavandula stoechas Linn. are medicinal. Prescribed in flatulence, colic, chest affections, for relieving biliousness and nervous headaches. Given to relieve rheumatic and neuralgic pains. Considered to have preservative properties for the intellectual faculties of the body therefore its compounds (like Itrifal Ustukhudus) are administered for counteracting persistent cold (particularly in cephalic region) and for retaining the original hair colour through long-term regular use. Regarded as broom of the brain (Jarob-Dimagh) for its activity of removing crudities from the brain and assist the retentive power. Its (flowers) decoction is specifically regarded as effective against rheumatism, cirrhosis of the liver and dropsy. It is a

non-toxic crude herbal drug with properties approaching to an alexiteric (antidote).

Compound Preparations

Itrifal Ustukhudus, Itrifal Ghadudi, Itrifal Mulayyin, Tiryaq Faruq, Sherbet Ahmad Shah, Sherbet Ustukhudus, Sherbet Gaozaban, Sherbet Mushil, Arq Faulad, Qurs Mulayyin, Ma'jun Khadar, Ma'jun Zabib, Ma'jun Murrawehul Arwah, Ma'jun Najah, Ayarij Fiqra.

Dosage

5 to 7 g.

Corrigent

Lemon juice, sour and acidic articles.

Tenedium

Acorus calamus L., Lavandula officinalis Schain, Cuscuta reflexa Roxb. (Aftimun)

Comments

Two types of medicinally valuable Lavandula are reported: L. stoechas and L. officinale. Lavandula angustifolia Mill. is cultivated for perfumery purpose.

Lawsonia inermis Linn.

Syn.: Lawsonia alba Lam.,
Lawsonia spinosa Linn.
Family: **Lythraceae**
Arabic Name(s): Wara Hina, Hina Aswad, Mehndi, Nakreza
Urdu Name(s): Mehndhi, Henna
English Name(s): Henna

Parts Used

Leaves, bark and seeds, flowers.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Blood purifier, aromatic, diuretic, sedative (externally), resolvent, astringent, detergent, deodorant, refrigerant, soporific, all parts have alterative properties.

Specific Action

Refrigerant, alterative, detergent, sedative, astringent.

Medicinal Uses

Decoction of the Henna leaves and their paste is useful in skin disorders for example in itching, scabies, pruritis, leprosy, syphilis and in jaundice. Decoction as gargle is effective for relieving aphthae and stomatitis. Paste of the leaves is effective against inflammations and swellings when applied on boils, in burning of hands and soles. Paste of leaves added with oil is useful in headaches, to the soles of feet in small pox which prevents eyes from being affected by the disease. In rheumatism of warm origin paste of the leaves serves the purpose. Ointment prepared from the leaves is effective for curing wounds and ulcers. Leaves have the reputation of promoting healthy growth of hairs and nails. Leaf juice with water or milk in sugar is given in spermatorrhoea and in hot or cold fits. Bark is given in infusion for jaundice, enlargement of liver and spleen, in calculous affections and as alterative in leprosy and obstinate skin diseases and in decoction applied to burns and scalds. Seeds are useful cephalic with honey and tragacanth, and act as effective desiccative when applied in suitable vehicle on piles, leaves and seeds with other suitable drugs usefully act in menorrhagia, vaginal discharges and leucorrhoea. Flowers render fragrant perfume. Infusion of flowers cure headache.

Compound Preparations

Roghan Juzam, Roghan Amla Khas, Roghan Henna, Safuf Bars, Hab Musaffi Khun, Safuf Barg Hinawala, Tilai-Urusak, Arq Murakkab Musaffi Khun, Marham Jadwar, Ma'jun Suranjan.

Dosage

2-4 g (approximately).

Corrigent

Milk and oils.

Tenedium

Indigofera tinctoria Linn. diluted extract or leaf powder (wasmah/Nil/Dyer's Indigo) for colouring, Psoralea corylifolia Linn. for skin affections.

Comments

Widely cultivated in Pakistan. Ethnobotanical literature reveals that the name Alkanet is derived from Arabic (Al-khanna) and was formerly applied to Lawsonia alba Linn. Henna has been regarded in medicine as Sayadur Raihan (i.e. the best of herbs) and used at large for colouring hairs,

hands and feet. Seeds are sometimes used as substitute for Peganum harmala Linn. (Ispand). Extensive use locally or systemically is not advised for persons with cold temperament.

Lepidium sativum Linn.

Family: **Cruciferae**
Arabic Name(s): Farasiyun Qalb, Amarinom
Urdu Name(s): Halun, Halim, Habul Reshad, Haliyon, Hurf, Ahera, Ahero
English Name(s): Garden Cress, Pepperwort

Parts Used

Leaves and seeds.

Quality/Temperament

Warm and dry in second order/warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Expectorant, appetitive, diuretic and emmenagogue, galactagogue, anthelmintic, ecbolic and abortifacient, aphrodisiac, vesicant, resolvent, aperient, alterative, tonic, carminative, leaves stimulant and diuretic, mucilage of the seeds soothing, allays irritation of mucous membrane (of the intestines).

Specific Action

Aphrodisiac, expectorant, resolvent, diuretic, emmenagogue.

Medicinal Uses

Seeds of Lepidium sativum Linn. are administered in cough and asthma and in bronchitis with symptomatic affects of cold. In stomach and intestinal complaints as well as in sexual debility like premature ejaculation. In leucoderma, freckles and discolouration or spots on the skin seeds paste or message proves useful, as well as to resolve some inflammations. Seeds in decoction are effective against hiccup, dysentery, diarrhoea and skin complaints caused due to blood impurities. Seeds are also administered to resolve internal inflammations of the skin and intestinal mucous membranes. For indigestion seeds' powder with sugar is a household remedy, it also acts as a restorative. It also relieves flatulence and act as lactagogue. Seeds are prepared in sugar candy to relieve seminal debility, leucorrhoea and rheumatic pains. Seeds are said to be of service in all diseases in which mustard is used and also regarded as more satisfactory rubefacient than mustard.

Compound Preparations

Hab Khubs al-Hadid.

Dosage

2 g.

Corrigent

Sugar and seeds of edible Cucumber species.

Tenedium

Brassica juncea (L.) Czern. Syn. Sinapis juncea Linn. (Rai).

Comments

Seeds boiled with milk are administered to cause abortion. The seeds are described as harmful for kidneys (in large doses or on long duration use).

Linum usitatissimum Linn.
Linum humile Mill.

Family:	**Linaceae**
Arabic Name(s):	Bizr Kitan
Urdu Name(s):	Alsi, Tukhme Katan, Barzalkatan, Tukhm-Zaghira, Tisi
English Name(s):	Linseed, Flax

Parts Used

Seeds and oil.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Resolvent, emollient, suppurative, anodyne and analgesic, demulcent, expectorant, diuretic, aphrodisiac, roasted seeds are astringent, flowers cordial, oil has detersive, resolvent and analgesic activities.

Specific Action

Diuretic, expectorant, analgesic, hepatoprotective and antidiabetic.

Medicinal Uses

On all kinds of local inflammations, sores and ulcers, mucilage of linseed is applied to the affected areas to resolve or to suppurate in case of hard swellings, pain is also relieved along with subsiding the affected inflamed areas. Also helps suppuration and bursts the blind ulcers and assists in driving off the putrid matter. In internal

inflammations, for example in pleurisy, pneumonia, inflammation in bronchioles, peritonitis as well as inflammatory swellings in rheumatism are treated successfully if paste or ointment prepared comprising major component as flax seeds is applied under bandage, but in all such cases to increase warmness at the affected site some bruised seeds of Brassica juncea (L.) Czern (Rai) are applied prior to flax seeds application. This is said to be a traditional counter-irritant method adopted usually. Seeds mucilage is effective if dropped into the eyes for irritation. With Glycyrrhiza glabra Linn. infusion of the seeds is useful demulcent expectorant in colds, cough, urinary irritations, gonorrhoea, spermatorrhoea, diarrhoea etc. Generally its oral administration is considered to be antispasmodic. Oil with lime water is useful application for burns and scalds, acts as useful emollient. Seeds crushed and given to farm animals is a good manure and bring good results as fattening.

Compound Preparations

Laooq Katan, Hab Maghz Badam, Safuf Muqliyasa, Sherbet Sadar, Zimad Kibrit, Qairooti Bazrul Katan, Laooq Zeeq un-Nafs, Marham Basliqun, Marham Dakhliyun, Ma'jun Mobahee Antaki.

Dosage

5 to 10 g. (approximately).

Corrigent

Coriandrum sativum Linn., Carum carvi Linn. and sugar syrup with citrus fruit juice (Sikanjbin).

Tenedium

Trigonella foenum graecum Linn. (Methi) seeds.

Comments

May cause debility to the overall digestive function and organs.

Liquidambar orientalis Miller

Family: **Hammamelidaceae**
Arabic Name(s): `Asl Labni
Urdu Name(s): Silaras, Mi`ya Saila
English Name(s): Liquid Storax

Parts Used

Balsam.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Aromatic, stimulant suppurative, expectorant, diuretic, emmenagogue, antiseptic, disinfectant, astringent, tonic, anticatarrhal particularly for genito-urinary tract.

Specific Action

Expectorant (for phlegm), anticatarrhal, diuretic and emmenagogue.

Medicinal Uses

Storax is traditionally prescribed as general pectoral, imparts tonic activities to all the viscera. It is a favourite application to swellings and much prescribed in orchitis, the inflamed parts being smeared with the Storax and then bound up tight in tobacco leaves. Decoction of the bark (or decoction of Storax) made into consistency of syrup is effective for roughness of the throat and in cough. It dissolves excessive phlegmatic humours, is useful in dyspepsia and in the scabby eruptions of animals. In long standing chronic cough and to clear away the putrefied effects of phlegm it is used as resolvent and expectorant and acts as antiseptic too. In dropsy due to spleen, kidney and urinary bladder disorders, it is given internally as well as applied locally to alleviate the disorders of relevant internal organs. Mixed in olive oil applied on paralyzed parts, tetanus, rheumatism and in gout, the preparation is either massaged over the affected parts or applied as paste and kept warm. Such preparations are also effective antilice. Applied over abdomen of children to relieve colicky pains and to the chest in throat and lung affections with copious expectoration.

Compound Preparations

Hab Kimyae Ishrat, Hab Miya, Hab Momiyaee Sada.

Dosage

3 to 5 g.

Corrigent

Pistacia lentiscus Linn. (Mastagi), Cochlospermum religiosum (L.) Alston (Katira).

Tenedium

Berberis lycium Royle (or B. vulgaris Aitch. non Linn.) (Zarishk) and Castoreum.

Comments

Three kinds of liquid Storax is described: (i) that which exudes naturally, (ii) that which is obtained by pressing the bark, and (iii) that which is obtained by boiling the inner bark of the tree in water and pressing it.

Luffa echinata Roxb.

Family: **Cucurbitaceae**
Arabic Name(s): Luf Misri, Laef
Urdu Name(s): Bindal, Ghaghar bel, Gosato, Jang-Toree
English Name(s): Bristly Luffa

Parts Used

Fruits (dried) Doda-Bindal, its infusion or decoction, seeds.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Drastic purgative, emmenagogue, errhine, emetic, desiccative (of piles), abortive (for dead foetus), diuretic (in ascites), anthelmintic, bitter.

Specific Action

Desiccative, abortive (for dead foetus).

Medicinal Uses

Fruit infusion and decoction of Luffa echinata Roxb. are used in the treatment of ascites, jaundice, biliary and intestinal colic, enlarged liver and spleen. In congestion of the brain causing intense headache and in jaundice the infusion is used (as an errhine) causing profuse discharge of mucus (from nasal passages/nostrils). Referred as an effective remedy for spleen affections especially in malaria (enlargement cases). In cases of ascites the crude drug gives more satisfactory results as diuretic better than many other diuretics. In cases of liver cirrhosis its use also proves useful, in the beginning of cirrhosis its tincture is of great benefit. In putrid fevers the infusion is applied over whole body and in jaundice applied to head and administered internally proves useful.

Seeds are regarded as of advantage against amenorrhoea (used with sugar). The fruit, infusion and seeds help expelling out the dead foetus, dried fruit mixed in ghee and applied over the piles - dry them. Fomentation is also effective in piles. The parts used also possess antibacterial

activity and leaves made in proper vehicle as paste applied over animal wounds prevent wound from insect attack, it is a useful anthelmintic for farm animals (like cow and goat). Externally used the infusion acts as antiseptic in carbuncles and other unhealthy ulcers.

Compound Preparations

Usually employed as simple.

Dosage

Powdered drug 500 mg.

Corrigent

Butter and oils.

Tenedium

Hanzal (Citrullus colocynthis Schrad).

Comments

Continuous use or large dose may cause drastic purgation and diarrhoea. It is not a safe sternutatory in atheromatous degeneration of blood vessels as it increases blood pressure from reflex irritation.

Lupinus albus Linn.

Lupinus polyphyllus Lindl.

Family: **Papilionaceae**
Arabic Name(s): Turmus
Urdu Name(s): Turmas, Baqlai-Misri (Persian),Jhalar
English Name(s): White Lupine

Parts Used

Seeds.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Resolvent of inflammations, detersive, diuretic and emmenagogue, vermicides (anthelmintic).

Specific Action

Resolvent and anthelmintic.

Medicinal Uses

Seeds kernels of White lupine are bruised, made into paste or ointment and applied over the inflammations or swellings. As detersive applied in facial creams and embrocations to beautify the skin and to clear the affected parts in leucoderma and vitiligo. Included in preparations which are effective anthelmintic, diuretic and emmenagogue. Comparatively large dose when administered orally act as abortive and ecbolic. Water of the herb is useful when a bath is taken with it to relieve itching and scabies. In normal or recommended dose the herb with other useful ingredients acts as useful pectoral.

Compound Preparations

Itrifal Deedan, Zimad Kibrit, Ghaza-i-Husn Afza, Qurs Deedan.

Dosage

3 to 6 g. (approximately).

Corrigent

Origanum vulgare Linn. and common salt.

Tenedium

Phaseolus vulgaris Linn. (Baqlai Misri/Lobia), seeds kernel, Citrullus vulgaris Schrad.

Comments

This plant is also considered toxic and highly toxic for pregnant mothers, and may cause abortion.

Macrotyloma uniflorum (Lam.) Verdc.

Syn.:	Dolichos uniflorus Lam.,
	Dolichos biflorus Acut. mult., non Linn.
Family:	**Papilionaceae**
Arabic Name(s):	Hab ul-Qilt
Urdu Name(s):	Kulthi, Hab-el-Qillt, Sang-Shikan
English Name(s):	Horse gram

Parts Used

Seeds.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Lithontriptic, diuretic, emmenagogue, detersive, astringent, tonic for urino-genital system, lactagogue, antiscrofulous, antidiarrhoeal, demulcent (in calculous affections).

Specific Action

Lithontriptic, diuretic, emmenagogue (tonic for urino-genital system).

Medicinal Uses

Kulthi is an effective diuretic, lithontriptic used alone or with other drugs. It is a good emmenagogue, lactagogue and in decoction useful during parturition to produce lochial discharge. It is useful against leucorrhoea and relieves menstrual derangements in women suffering from kidney, uterine and urinary troubles. Pulse made and either taken as soup or porridge lessens fat from the body. Decoction of the pulse also serve the purpose of reducing extra body flesh and weight. With Asafoetida and ginger powder it is regarded as useful against colic, spleen and liver inflammation and obstructions and pulse as good diet in piles.

Compound Preparations

Sherbet Mudir Tams, Ma'jun Sang-e-Sar-i-Mahi.

Dosage

3 to 5 g. (approximately).

Corrigent

Seeds of Turnip, and water/extract of Radish leaves.

Tenedium

Coleus aromaticus Benth. in lithontriptic action, and jews stone (Hajr al-Yahud).

Comments

Usually exert no toxic effects, however extensive use is described as harmful for the lungs. Traditionally reputed for its use in feminine disorders.

Mallotus philippinensis (Lam) Muell.

Syn.:	Croton philippinensis Lam., Rottlera tinctoria Roxb.
Family:	**Euphorbiaceae**
Arabic Name(s):	Qanbeel, Samsak
Urdu Name(s):	Kamatah, Kanbila, Kamela, Kambero
English Name(s):	Kamala

Parts Used

Glands (powder) and hairs of fruit.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Anthelmintic and vermifuge (especially for tapeworms), cathartic, desiccative, vulnerary.

Specific Action

Anthelmintic and vermifuge, vulnerary.

Medicinal Uses

Kamala is commonly administered in curd to get rid of tapeworms, the worms are expelled dead through purgation. May be used in combination with other suitable drugs. In moist condition of skin irritation, ringworm and other wounds from which purulent discharge oozes as well as from surgical wounds, it is added into suitable oils act as antiseptic, desiccative and vulnerary. The red colour powder taken internally with other suitable drugs is effective for relieving leprous affections, and in ointment for ringworm, freckles and pityriasis and as powder applied over syphilitic ulcers. The powder is also included in medicated skin, shampoos and dandruff preparations.

Compound Preparations

Itrifal Qanbil, Roghan Kamilah, Safuf Hikkah, Itrifal Deedan, Safuf Barg Hina Wala, Zimad Jarb, Qurs Deedan, Marham Kharish Jadid.

Dosage

1-3 g. (approximately).

Corrigent

Cochlospermum religiosum (L.) Alston (Katira), Pistacia integerrima (Kakra-Singi), Pimpinella anisum Linn. (Anisun).

Tenedium

Embelia ribes Burm. or E. robusta Roxb. (dried berries in vermicidal and vermifuge actions).

Comments

Kamala is the red colour powder comprising glands and hairs covering the fruits which are of black pepper size. It is a violent purgative, irritates the gastrointestinal tract and even in therapeutic doses may produce nausea, and increase the movement of intestines. However its use from centuries proves its tolerance in children and debilitating

individuals well especially in those individuals where extract of Dryopteris filix-mas (Linn.) Schott. is not advisable.

Malva sylvestris Linn.

Syn.: M. sylvestris var. mauritiana Linn.
Family: **Malvaceae**
Arabic Name(s): Khabizah, Khubazi
Urdu Name(s): Khubazi
English Name(s): Common Mallow

Parts Used

Seeds.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Mucilaginous (glutinous), demulcent, repercussive antiseptic, emollient. Useful for pulmonary affections and urinary tract.

Specific Action

Glutinous, demulcent, repercussive.

Medicinal Uses

Khubazi is given in pulmonary complaints such as (dry) cough, asthma, bronchitis, hoarseness of voice, as demulcent and febrifuge in fevers. Added to purgatives or cathartic formulations to lessen their potency in direct action and to avoid their untoward effects while acting on the relevant organ(s). The fresh leaves are useful against scurvy if kept in mouth for longer time and chewed. Heals the internal scratches (or wounds) of intestines and bladder, decoction (of flowers) with sugar or honey is useful against dry cough and hoarseness. Over the warm inflammations, its paste is applied either alone or with other suitable drugs. The green fresh leaves chewed frequently by peoples are effective antiscorbutic, are of fermented bread taste.

Included in preparations prescribed to relieve cold, flue, catarrh, aphthae, bronchitis, cystitis, diphtheria, pharyngitis.

Compound Preparations

Laooq Sapistan, Joshanda, Joshina, Itrifal Muqawwi Dimagh, Sherbet A'ijaz, Sherbet Zufah Murakkab, Sherbet Sadar, Qurs Kaknaj.

Dosage

5-7 g. (approximately).

Corrigent

Honey and Foeniculum vulgare Mill. (Badiyan).

Tenedium

Khatmi seeds, (Althaea officinalis Linn.).

Comments

Leaves of this plant are reputed for the cure of scurvy.

Matricaria chamomilla Linn.

Syn.: Chrysanthemum inodorum Linn.
Family: **Compositae/Asteraceae**
Arabic Name(s): Babunaj, Zehr Babunaj
Urdu Name(s): Babuna, Babunah, Babuno
English Name(s): Camomile, Chamomila

Parts Used

Flowers, root, oil.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Disinfectant, antiseptic, sedative, antiphlogistic (anti-inflammatory), resolvent, antispasmodic, carminative, diuretic, stimulant, attenuant, discutient, diuretic, nervine, emmenagogue.

Specific Action

Anti-inflammatory and nerve stimulant.

Medicinal Uses

Decoction of Chamomile is effective as nervine, and has stimulating effect as emmenagogue in epilepsy, colic, stomach debility and liver activating properties, thus proves useful in jaundice, to commence the menses, and to expel the foetus and placenta the patient is given sitz bath of chamomile. The decoction of flowers and root is effective against nervous and spasmodic affections in irritability, and hypersensitivity in neuralgias, rheumatism, toothache, in false labour pains, cramps in the legs, jaundice (icterus) etc. It is also applied locally as resolvent for hard swellings and itching sites, eczematous areas, impetigo capitis, open wounds, fistulas etc.

Aromatic effect and deodorant property of chamomile flowers are so marked that it drives away noxious insects and putrid smell of meat if washed twice or thrice by its infusion. Infusion is also useful for treatment (as cosmetic) of hair and scalp. Flower's oil is useful antispasmodic, impart strength to nerves and muscles, effective against rheumatism (in application), increase bile secretion.

Compound Preparations

Roghan Babunah, Dawa-i-Aabzan, Zimad Sumbul at-Teeb, Marham Zardi-i-Baiza-i-Murgh, Ma'jun Falasfa, Ma'jun Murawwehul-Arwah, Ma'jun Fotinji.

Dosage

1 to 3 g.

Corrigent

Honey.

Tenedium

Achillea millefolium Linn. (Barinjasif).

Comments

Described as harmful for throat if used in large doses or for long duration.

Melia azadirachta Linn.

Syn.: Azadirachta indica A. Juss.
Family: **Meliaceae**
Arabic Name(s): Azadarakht, Neeb
Urdu Name(s): Neem, Nimb, Nim
English Name(s): Margosa/Indian Lilac

Parts Used

Leaves, fruits, seeds, stem and root bark, flowers, oil.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Root bark and young fruits (bitter) regarded largely as blood purifier, antiseptic, good against oral complaints and skin disorders (due to infection). Both of these parts are considered astringent, tonic and antiperiodic. Bark is bitter, tonic, astringent, antiperiodic and vermifuge. Fruit is purgative, emollient and anthelmintic. Oil from nuts and leaves is local stimulant, insecticide and antiseptic. Flowers stimulant, demulcent and tonic. Sap (or toddy) is refrigerant,

nutrient and alterative tonic. Drug is reported to possess antispirochaetal (and antifertility) properties and to have healing effect on ulcers of the urinary passages. In local (vaginal) application the oil is experimentally contraceptive. Also reported to be fungicidal and insect-repellent (phagodeterrant).

Specific Action

Blood purifier, alterative, oil-contraceptive.

Medicinal Uses

The different parts of Neem tree are used independently to cure a variety of ailments. The bark is refrigerant, pectoral, useful in fevers, thirst, bad odour in mouth, effective against ulcers and inflammations. Leaves useful in biliousness and skin diseases (as astringent) in leprosy. Fruits are also useful purgative, help treating urinary discharges, skin diseases, tumours etc. Leaves are carminative and expectorant, lessen inflammation, useful in syphilitic sores and in removing blood impurities. Decoction of leaves help healing of wounds, good as gargle in stomatitis and for bad gums. Seeds (and their oil) are good in treatment of leprosy. The stem bark, root bark and young fruits are regarded as tonic and antiperiodic, these are useful in some (mild) cases of intermittent fever and general debility. Decoction of fresh leaves is useful as antiseptic. Flowers are useful in (some cases of) atonic dyspepsia and general debility. Sap is considered refrigerant, nutrient and alterative tonic. Considered of value in leprosy and general debility, as crop protective (spray) and experimentally contraceptive.

Compound Preparations

Hab-e-Bawasir, Safi, Hab Bawasir Badi, Hab Siyah Chashm, Hab Musaffi khun, Zimad, Bawasir, Zimad Mohasa, Arq Gaz, Marham Bawasir Jadid, Marham Jadwar, Ma'jun Juzam, Ma'jun Dard-e-Rehm.

Dosage

Bark 7 to 12 g., seeds 25 to 500 mg, leaves 500 mg.

Corrigent

Anisun (Pimpinella anisum Linn.).

Tenedium

Melia azaderach Linn. (Bakain) and the aqueous extracts of flowers, fruits, leaves and stem-bark.

Comments

Regular/continuous use alone or in compounds regarded as harmful for people with (warm and) dry temperament. As

some of the ingredients present in oil (of neem) have experimentally shown anti-hormone effect, therefore, care must be taken in long-term use.

Melilotus officinalis (L.) Desr.

Syn.: Trifolium Melilotus officinalis Linn.
Melilotus indicus (L.) All. Syn. Trifolium M. indicus Linn., M. parviflora Desf.
Family: **Papilionaceae**
Arabic Name(s): Aklilul-Malik
Urdu Name(s): Nakhona, Aspang, Asperg
English Name(s): Crescent Lignum, Coumarium

Parts Used

Fruit.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

The herb has resolvent (anti-inflammatory), attenuating, anodyne, diuretic, emmenagogue, sedative attributes.

Specific Action

Locally applied as resolvent and to warm the affected sites.

Medicinal Uses

Seeds from the legumes of Nakhona smell like fenugreek - used as vegetable in remote areas. M. indicus (Linn.) All. also used to warm or tonify the various muscles and body organs through its message. Resolves inflammation of liver, spleen, stomach, uterus, anus, testicles, and relieves pain internally as well as when used externally. Decoction is administered to those affected with paralysis as well as applied locally. Enema of the decoction imparts strength to the intestines. The small fruit (legume) is regarded as demulcent, carminative, tonic and aphrodisiac credited to possess styptic property employed to the bruises. The herb has aromatic, emollient action, relieves flatulence and externally its fomentation is applied for pains and aches (Melilotus indicus (L.) All; Syn. M. parviflora Desf. = Ban-methi or Sinjee seeds are recommended in infantile diarrhoea and bowel complaints).

Compound Preparations

Ma'jun Khuzi, Zimad Kibrit, Zimad Sunbul at-Teeb.

Dosage

2 to 4 g. (approximately).

Corrigent

Honey, Ficus carica Linn. (Anjir)

Tenedium

Matricaria chamomilla Linn. (Babunah).

Comments

Described as harmful for the function of testicles when used continuously or in large doses.

Mentha arvensis Linn.
Mentha piperita Linn.(Peppermint often planted).

Family:	**Labiatae/Lamiaceae**
Arabic Name(s):	Faodanj, Fotanj, N`anaa
Urdu Name(s):	Podina, Fudanj, Pudna, Phodno
English Name(s):	Peppermint, Mint

Parts Used

Leaves.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aromatic, refrigerant, carminative, gastric sedative, stimulant, antispasmodic, stomachic, emmenagogue, expectorant, diuretic, absorbent, flavouring agent, local anaesthetic, topically antipruritic (menthol).

Specific Action

Carminative, refrigerant, diuretic, absorbent.

Medicinal Uses

The Mentha species are solely utilized as source of menthol (Japanese peppermint oil). The herb finds frequent use in sauces, green (fresh) and dried. A decoction or vapour of its tea is largely used with lemon grass as a febrifuge in fevers, in hiccup. The essential oil and its major ingredient menthol have the same properties. Menthol is a valuable anti-neuralgic helpful in relieving symptoms of bronchitis and sinusitis. For this purpose it is mixed frequently with camphor and eucalyptus oil, in pastilles, inhalations and ointments, and also used as flavouring agent. The herb improves appetite and relieves stomach debility and stomachache. Decoction of the leaves used for 3-4 days prior to the

menstrual cycle beginning brings comfortable menses. Useful with astringent stimulants (like cinnamon bark, cardamom fruit, cloves etc.) in cholera and chronic indigestion (Ma'jun Fautanji - one of its famous indigenous preparation is useful in relieving pain in stomach and liver, to dissolve blood clots either in bladder or stomach and for persistent fevers).

Compound Preparations

Jawarish Podinah, Arq Podinah, Khuban, Arq Pan, Ma'jun Nankhwah, Ma'jun Fotinji, Ma'jun Sangdana Murgh, Ma'jun Khadar, Ma'jun Baladur, Laooq Mo'tadil, Lubub Kabir, Qurs Podinah, Arq Hazim, Zimad Ushaq, Sikanjbin Na'na, Safuf Na'na, Ruhe Podinah, Halwai Supari Pak, Jawarish Anarain, Jawarish Tamr Hindi, `Arq Ajeeb.

Dosage

Mint 3-6 g.

Corrigent

Honey, Rose petals conserve (Gulqand), Viola odorata Linn. (Banafsha).

Tenedium

Mentha longifolia (L.) Huds., M. spicata Linn.

Comments

The oil may cause allergic reactions. Large quantities of herb or its active ingredients are not advised for internal use in children.

Mesua ferrea Linn.

Family: **Guttiferae**
Arabic Name(s): Khashbul Hadid
Urdu Name(s): Nar Mushk, Nag Kesar
English Name(s): Cobra's Saffron

Parts Used

Flowers and flower buds, fruits, root bark, seeds oil.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Dried flowers astringent and stomachic, feebly aromatic, desiccative, exhilarant and cardiac, liver, stomach and intestinal tonic, aphrodisiac, sudorific, antispasmodic.

Specific Action

Desiccative, vermicidal and anti-haemorrhoidal.

Medicinal Uses

Dried flowers of Mesua ferrea Linn. are astringent, stomachic, stimulant and carminative. Included in exhilarants prescribed to treat cardiac and brain disorders for example melancholia and insanity. Mixed with clarified butter and administered in piles or paste of flowers is made with butter and sugar and given in bleeding piles as well as in dysentery with mucous. The central portion of flowers is left in water overnight, strained and the water mixed with honey or sugar candy (misri) is administered for some days daily in the morning acts usefully in arresting bleeding from piles and dries them also. Dried flowers or their distillate in recommended quantity with suitable vehicle prove useful for quenching thirst, irritability of the stomach, excessive perspiration, cough with abnormal expectoration and dyspepsia. As dry powder the flowers dry the wounds and also applied on body to resist excessive perspiration. Bark and root in decoction or infusion are useful as bitter tonic. Oil from seeds is useful application in sores, scabies, wounds etc. Seeds bruised with henna leaves and applied on haemorrhoids give relief (and drift them).

Compound Preparations

Muffareh Yaquti Mo'tadil, Jawarish Shehr Yaran, Hab Pachlauna, Hab Saqmuniya, Halwai-Supari Pak, Safuf Shirin, Safuf Longa, Qurs Mushil, Lubub al-Asrar, Ma'jun Muqil, Ma'jun Musli Pak.

Dosage

3-5 g. (approximately)

Corrigent

Honey.

Tenedium

Valeriana officinalis Linn., Cyperus rotundus Linn. (Nagar Motha).

Comments

The dried blossoms are used as an adjunct to medicinal oils on account of their fragrance, and keeping in view the overall properties of this tree it may be classed with terebinthinate astringents. The root bark contains much resinous juice which exudes freely when it is wounded, whereas the hard pericarp contains considerable amount of tannins. Excessive use described as harmful for individuals with warm temperament.

Mimusops elengi Linn.

Family: **Sapotaceae**
Arabic Name(s): Nafal, Elenja
Urdu Name(s): Molsary, Sada Sarhi
English Name(s): Elengi

Parts Used

Fruit (unripe), flowers and leaves.

Quality/Temperament

Cold and dry in second order: Flowers - warm and dry. Fruits and bark - cold and dry.

Functions and Properties (Pharmacological Actions)

Flowers, (unripe) fruit and bark are astringent. Water from the flowers is fragrant, stimulant and exhilarant, seeds are purgative. Dried flowers and pounded leaves are resolvent of excessive humours deposited in cephalic region.

Specific Action

Astringent tonic, antispermatorrhoeal, antileucorrhoeal, desiccative.

Medicinal Uses

Elengi flowers due to their fragrance are regarded as exhilarant, cardiac and brain tonic, fruits and bark are desiccative- resolvent, pain reliever, while the unripe fruits and bark (being effective astringent) administered to stop diarrhoea, to strengthen the gums and teeth and a lotion is prepared from fruits and flowers for wounds and ulcers. Unripe fruit is a useful masticatory and recommended to be chewed for fixing loose teeth and to allay pain in thrush. Infusion of the fruit or bark is useful in arresting abnormal discharges from mucous membranes of the bladder and urethra, therefore administered frequently in uterine, leucorrhoeal discharges. The infusion is also effective in gonorrhoea, spermatorrhoea and included in preparations recommended as tonic for the lower vertebra. Gargles comprising other ingredients like Pistacia lentiscus Linn., Pellitory root, cardamoms, Balsamodendron myrrha (Nees) Engl. , flower buds of Punica granatum Linn. and catechu, are useful against spongy gums, such compound preparation in powder is also effective for gums, teeth, internal haemorrhages and catarrh. Ripe fruit pulp is eaten as diet in convalescence, it promotes delivery.

Compound Preparations

Safuf Sailanur Rehm, Safuf Kalan.

Dosage

5-7 g. (approximately).

Corrigent

Oils.

Tenedium

Acacia arabica (Lam) Willd., A. catechu (Linn. f.) Willd. bark in astringent action. Saraca indica Linn. bark.

Comments

The large ornamental tree is cultivated in gardens for its fragrant flowers. Use of bark in addition to its astringent action exerts useful effect of increasing fertility in women. With Santalum album Linn. sawdust its distillate is obtained which is used in perfumery and for relieving mild states of palpitation with other useful drugs.

Momordica charantia Linn.

Family: **Cucurbitaceae**
Arabic Name(s): Quisa ul-Barri, Balsamina
Urdu Name(s): Karela
English Name(s): Bitter Gourd

Parts Used

Fruit.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Digestive tonic, aperient, antiphlegmatic, anthelmintic, resolvent, expectorant laxative. Eaten as vegetable getting rid of its bitterness, gives symptomatic relief in diabetes.

Specific Action

Antiflatulent, aphrodisiac and nervine tonic, antidiabetic.

Medicinal Uses

Bitter gourd is mostly used as vegetable. It is particularly useful for individuals having phlegmatic temperament and therefore proves effective in chronic phlegmatic disorders including rheumatism and gout of cold phlegmatic origin, in dropsy, spleen inflammation, intestinal worms, cough, bronchitis and asthma. Leaf extract is useful against cold chest affections in children for example pneumonia, and acts as aperient for excess phlegmatic humours present in the diseased organs.

Externally with vinegar the fruit rind applied in paste on pustular eruptions, burns, boils etc. Powdered fruit applied

over leprous and other intractable ulcers and for healing wounds, mixed with aromatics and chaulmoogra oil forms good ointment for psoriasis, scabies, malignant ulcers etc. Expressed juice of fruit with sugar and calcium carbonate is useful in aphthae and as emmenagogue in dysmenorrhoea. Taking it in proper season of its harvest, it is regarded as a useful blood purifier, dissipates melancholia and gross atrabilious humours and effective in subacute cases of spleen and liver affections including diabetes. Leaf juice rubbed on soles in burning of feet.

Compound Preparations

Hab Jund (water of the fruit is used) especially recommended for infantile convulsions.

Dosage

Safuf (powder) 3 g.; Fresh juice of fruit approx. 12 ml.

Corrigent

Piper nigrum Linn. (Black pepper) and its root, as well as clarified butter and rice.

Tenedium

Momordica balsamina Linn. and M. dioica Roxb. ex Willd. for medicinal purposes only.

Comments

Momordica dioica Roxb. ex Willd. (Jangli Karela) is very common plant in lower hills in Sindh (as wild). Momordica charantia Linn. is commonly cultivated as vegetable. Excessive use in any form causes dryness.

Morus laevigata Wall. ex Brandis (Shahtut)
Morus alba Linn. (The White Mulberry)
Morus alba Linn. forma tatarica (Pall) Ser.
Morus indica Linn. Syn. M. acidosa Griff.
Morus nigra Linn. (Tut Siyah, Black Mulberry)
Morus serrata Roxb. (wild species cultivated in Balochistan)

Family:	**Moraceae**
Arabic Name(s):	Tut Sameeni, Tut Abiaz
Urdu Name(s):	Shahtut, Tut
English Name(s):	Mulberry

Parts Used

Fruit, leaves.

Quality/Temperament

Warm and moist in first order.

Functions and Properties (Pharmacological Actions)

Febrifuge and refrigerant in fevers, expectorant, slightly laxative, deobstruent, provides due moistness to cephalic region, tonic for chest and is concoctive for humours, repercussive, demulcent, reduces blood heat, antibilious, resolvent of warm inflammations, particularly of pharynx and larynx. Root bark anthelmintic.

Specific Action

Effective against upper respiratory tract disorders particularly as repercussive.

Medicinal Uses

Preserve or syrup of the black mulberry is esteemed for its valuable effects in sore throat, resolving pharynx and larynx inflammations, tonsillitis, diphtheria, sores in tongue and in throat, stomatitis and relevant oral or respiratory disorders. Gargles from its infusion with coriandrum or chicory water are also effective for relieving such complaints. Its use alone or in suitable preparations stops the abnormal catarrhs to drop into the pharynx and due to its cold and moist temperament acts as febrifuge in fevers due to upper respiratory disorders and lessens the blood heat. Leaves and root decoction taken in prescribed doses or as gargles relieves pharyngitis and laryngitis. Root decoction is anthelmintic especially effective for tapeworms. Leaves and root decoction is also useful against gums softness and toothache. Leaves paste is effective for relief in bed sores.

Compound Preparations

Sherbet Toot-Siyah, Rub-e-Toot Siyah.

Dosage

Fresh juice syrup approximately 24-60 ml; Extract (pure) approximately 12-36 ml.

Corrigent

Sikanjbin (sweet syrup of lemon) and Jawarish Kamuni.

Tenedium

Species mentioned above are interrelated in their actions and properties. In case of non-availability of one, others can be used.

Comments

Morus laevigata Wall. ex Benth. with long slender fruits white or purple is frequently cultivated by grafting on M. alba Linn.

in the plains and lower hills. White type has been described as harmful for stomach, the black variety exhibit adverse affect in individuals with thoracic and nervous ailments.

Mucuna pruriens (L.) DC.

Syn.: Dolichos pruriens Linn., Mucuna prurita Wight
Family: **Papilionaceae**
Arabic Name(s): Habul-Kulai, Nanah Mutajri
Urdu Name(s): Kaonch, Kamachah, Jaloni Buti
English Name(s): Cow hage, Velvet bean

Parts Used

Seeds (pods), hairs covering the pods and root.

Quality/Temperament

Cold and moist in second order/normal or balanced temperament inclined towards coldness (Kabiruddin).

Functions and Properties (Pharmacological Actions)

Seeds are viscous, avoricious, aphrodisiac, astringent, anthelmintic, nervine tonic. Hairs covering the seeds (pods) are vermifuge, locally stimulant and mild vesicant. Roots are nervine tonic and diuretic.

Specific Action

Avoricious, aphrodisiac, nervine tonic, hairs (and pods) as vermifuge.

Medicinal Uses

The seeds kernel of Mucuna pruriens (L.) DC. are used commonly in compound electuaries and powder preparations recommended for treating spermatorrhoea and liquefied seminal fluid state, leucorrhoea, premature ejaculation, spermatorrhoea and frequent nocturnal pollution as well as in sexual debility. Seeds powdered with Tribulus terrestris Linn. (Gokhru) and administered in recommended doses as aphrodisiac. With honey and milk prepared over heat is useful in leucorrhoea, profuse menstruation and paralysis. For expelling round worms (or tapeworms) electuary made of pods with hairs is useful for administration, made into honey in a dose of about one teaspoonful given for 3 or 4 days once daily in the morning followed by a purgative. Only the hairs mixed with honey also act as good vermifuge. Seeds with aromatics are useful in colic, and dyspepsia. Root is made into preparations prescribed for nervous disorders, facial paralysis, hemiplegia

etc., root infusion added with honey is administered for cholera, for delirium in fevers and powdered and applied as paste in dropsy, and on wrists and ankles in painful conditions. Seeds powdered and applied over the site of insect bite gives relief.

Compound Preparations

Lubub Kabir, Lubub Saghir, Itrifal Kabir.

Dosage

3-7 g.

Corrigent

Pistacia mutica Fisch & Mey (oil of Mastich), Gum Acacia.

Tenedium

Asparagus adscendens Roxb. and roots of silk cotton tree.

Comments

The stiff hairs covering the pods produce irritation of the skin when come in contact incautiously. The herb is a climber over other trees present in the vicinity, its leaves are like that of Tinospora cordifolia (DC) Miers. (Gilo) and on pods stiff hairs are of brown colour, the seeds are blackish and glossy larger than the kidney beans (Phaseolus vulgaris Linn.). Excessive use of seeds and other parts may cause nausea and jactation.

Myrica nagi Thunb.

Syn.: Myrica esculenta Buch.

Myrica sapida Well.

Myrica cerifera Linn.

Family: **Myricaceae**
Arabic Name(s): Tuffah Alajaib, Ood al-Barg Tandol
Urdu Name(s): Kaiphal, Dar Shishian
English Name(s): Box Myrtle, Bay Berry

Parts Used

Bark, flowers, seeds, arillus and fruits.

Quality/Temperament

Warm and dry in second order (the bark).

Functions and Properties (Pharmacological Actions)

Aromatic, astringent, calorific, carminative, resolvent and tonic, antiflatulent, desiccative, nervine and antiseptic,

nauseating, expectorant, styptic (particularly for haemoptysis), anticatarrhal useful for relieving stomach ache.

Specific Action

Astringent, desiccative, nervine, anticatarrhal.

Medicinal Uses

Box myrtle bark is powdered, mixed in sesame oil and messaged over paralyzed parts, in facial paralysis, chorea etc. To dry the wounds (as desiccative) and as antiseptic the powdered bark is sprinkled over the wounds. In aphthous mouth gargles of bark is effective and to relieve toothache the bark either as such is placed on the painful site and chewed or powder is kept on the site. Also included in tooth powders to procure astringent activity for the gums. In headache due to excess cold phlegm and in catarrhal affections of respiratory tract, either administered alone or in compound preparation, for example when used with Cyperus rotundus Linn., Picrorhiza kurrooa Royle ex Benth., Curcuma zedoaria Rosc., Rhus succedanea Linn., with ginger juice and honey it effectively relieves throat affections, cough and asthma. In stomach ache, flatulence, and productive cough its decoction is useful. As linctus with honey the powdered bark is useful antitussive. Powdered bark is snuffed causes sneezing and gets catarrh out of the body through its astringent, calorific actions. Poultice made of powdered bark is effective against putrid sores and scrofulous ulcers, with balsam and ginger it makes a useful rubefacient application to fore arms, calves and extremities in collapse stage of cholera, with asafoetida and camphor applied usefully on piles, pessaries of bark promote menses. Arillus is used in carminative mixtures, fruit yields wax used as healing application to ulcers. The oil obtained from flowers is used to relieve earache.

Compound Preparations

Roghan Surkh, Safuf Istakhasa.

Dosage

Bark 2-5 g. (approximately).

Corrigent

Pistacia terebinthus Linn. (Mastagi).

Tenedium

Valeriana walichii DC. (Asarun), Aristolochia bracteata Retz. (Zarawind Mudharij).

Comments

Species not reported in Flora of Pakistan (Annotated Catalogue, 1972) and the bark is imported for use in various prescriptions mentioned.

Myristica fragrans Houtt.

Family: **Myristacaceae**
Arabic Name(s): Jozbuwa, Bisbasa
Urdu Name(s): Jaifal, Jaiphal, Goz Buwa, Jawatri, Bisbasa
English Name(s): Nut-meg, Mace

Parts Used

Seeds.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aromatic, carminative. The oil exerts a mild irritant action on the mucous membrane of mouth and the digestive tract which induces a feeling of warmth and increases salivation. May be employed for the relief of gastric discomfort and flatulent colic and also to counteract the griping action of purgatives. Also inhaled for the relief of congestive respiratory disorders. Externally it has irritant and rubefacient action causing at first a sensation of warmth and smarting which is followed by mild local anesthesia. It may therefore also find use as counter-irritant and cutaneous stimulant in treatment of chronic inflammatory conditions, to relieve neuralgia as psychotropic and rheumatic pains. Stimulant, stomachic, astringent, aphrodisiac (its effect on the mucous membrane of urinary passages is irritative). It has also been declared to be a prostaglandin inhibitor.

Specific Action

Aromatic, carminative, stomachic and antidiarrhoeal.

Medicinal Uses

Nutmeg is given to relieve flatulence and colic, gastro-intestinal complaints like dyspepsia, diarrhoea, nausea and vomiting. Psychological disorders like insomnia. Beneficial in neuralgia, menorrhagia, dysmenorrhoea, lumbago and rheumatism. Included in preparations to relieve cardiac debility, sexual debility and premature ejaculation. The oil is added in aphrodisiac embrocations. With sesamum oil useful as message against diseases of cold origin e.g. paralysis, facial paralysis, rheumatism. Mace has been used as spice -

is a traditional desiccative, useful in absorbing unwanted catarrhal wastes of thoracic region particularly of lungs. It is astringent and digestive tonic and useful in persistent diarrhoea, strengthens stomach and intestines. Due to this action it is beneficial in incontinence of urine and in serious cases, its paste is applied on the back and over the navel. It is also useful as desiccative against abnormal uterine discharges. For this purpose local application with saffron is advised. As it is an antiseptic and aromatic, therefore chewed to produce flavour in mouth. Effective against headache and migraine (which are due to abnormal cold humoural affections).

Compound Preparations

Mace: Hab Amber Momyiai, Naushdaroo-i-Sada, Ma'jun Izaraqi, Ma`jun Hara, Mufarreh Hara, Hab Mumsik Surkh, Ma'jun Seer Alvi Khan, Hab Mumsik Tilai, Ma'jun Murawweh ul-Arwah, Hab Mumsik Ambari, Ma'jun Muqawwi wa Mumsik, Arq Maul Lahm Ambari Ba Nuskha Kalan, Lubub al-Asrar, Itrifal Kabir, Lubub Kabir, Jawarish Basbasah, Ma'jun Khadar, Ma'jun Samagh.

Nutmeg: Ma'jun Ruhal Mominin, Ma'jun Seer Alvi Khan, Ma'jun Murawweh ul-Arwah, Ma'jun Muqawwi wa Mumsik, Naushdarooi Sada, Itrifal Ghudadi, Jawarish Tamr Hindi, Jawarish Zaruni Ambari Ba Nuskha Kalan, Jawarish Zanjbil, Hab Jadwar, Hab Amber Momiyai, Jawarish Ood Shirin, Hab Mumsik Surkh, Hab Mumsik Tilai, Hab Mumsik Ambari, Hab Narkachur, Halwa Baiza Murgh, Roghan Kalan, Safuf Longa, Arq Maul Lahm Ambari Ba Nuskha Kalan, Lubub al- Asrar, Lubub Kabir, Ma'jun Izaraqi, Ma'jun Jalali.

Dosage

Nutmeg: 500 mg.-1 g., Mace: 1 g.-3g.

Corrigent

Coriandrum sativum Linn., honey, gum Acacia spp. Rosa damascena Mill. aqueous extract.

Tenedium

Mace (the pericarp of the fruit) and nutmeg are substitute for each other.

Comments

Nutmeg taken as psychotropic, may cause reactions similar to those of other hallucinogenic drugs quite unlike the classic account of "myristica-poisoning". Doses of powdered seeds exceeding one teaspoonful take effect within 2-5 hours

producing time space distortions, feeling of uncertainty and unreality, and sometimes visual hallucinations accompanied by dizziness, headache, illness and rapid heart beat.

Myrtus communis Linn.

Family: **Myrtaceae**
Arabic Name(s): Shajratul Ehlaj, Hab ul-Aas
Urdu Name(s): Aas, Mowarid, Moriyan, Mann Moreo, Mort, Mara
English Name(s): Myrtle, Myrtle berry

Parts Used

Leaf, fruit.

Quality/Temperament

Cold in first order, dry in second (Kabiruddin). Compound temperament with preponderance of coldness (Muzaffar Awan).

Functions and Properties (Pharmacological Actions)

Stimulant, astringent, styptic (antihaemorrhagic), antidiaphoretic, carminative and stomach tonic, cardiac tonic. Leaves: Sedative, desiccative.

Specific Action

Styptic, antidiarrhoeal.

Medicinal Uses

Fruit of Myrtle is carminative, styptic, antidiarrhoeal and antidysenteric, stops bleeding from near about all the organs of the body (internally). Being a useful article for stomach acts as tonic and stops diarrhoea. Its preparations (like sherbet Hab ul-Aas) are useful for relieving cardiac debility and helpful against tachycardia and palpitation. Leaves are rubbed over the body to retard smell due to excessive perspiration and to stop its profuse outcome. Infusion of the fruit is effective against internal ulcerations, deep sinuses etc., leucorrhoea and prolapsus of the uterus. As an antiseptic used as wash for foetid ulcers. Infusion or the decoction is also useful as a mouth wash in aphthae. The fragrant oil is regarded as antiseptic and rubefacient, generally employed in perfumery. Used in respiratory and bladder ailments, and against rheumatic affections topically (locally). Oil is also used as a part in various hair colouring oils and tonic (oil) preparations for strengthening the hairs and increasing their length. The fragrant oil is regarded as antiseptic, rubefacient and generally employed in perfumery.

Compound Preparations

Sherbet Hab ul-Aas, Jawarish Zarishk, Jawarish Tabashir, Ma'jun Bawasir, Ma'jun Sangdana Murgh, Ma'jun Masikal-Boul, Ma'jun Mochrus.

Dosage

3-5 g. (approximately).

Corrigent

Berberis baluchistanica Ahrendt, Berberis lycium Royle, Morus nigra Linn. leaf.

Tenedium

Polygonum bistorta Linn. (root).

Comments

Large doses consumption or prolong use may cause headache and sleeplessness.

Nelumbium nuciferum Gaertn.

Syn.:	Nymphaea nelumbo Linn. Nelumbium speciosum Willd. Nelumbium nelumbo (Linn.) Druce
Family:	**Nymphaeaceae**
Arabic Name(s):	Nasreen, Nilofar
Urdu Name(s):	Nilofar, Chota Kanwal, Kamian, Kamal
English Name(s):	Water Lily

Parts Used

Flowers, root and seeds, filaments, fruit.

Quality/Temperament

Cold and moist in second order.

Functions and Properties (Pharmacological Actions)

The flowers are astringent, cardiac tonic, seeds are diuretic and refrigerant, powdered root demulcent (for piles), the filaments as astringent and cooling. A sherbet (syrup) made of plant parts act as refrigerant (febrifuge) in smallpox and stop eruptions; used in all eruptive fevers.

Specific Action

Cooling (febrifuge), sedative in biliousness (effective against polydipsia in children).

Medicinal Uses

Water lily flowers in addition to their use as astringent (in diarrhoea) and for fevers (as cooling/febrifuge) are also recommended as cardiac tonic. Filaments are regarded as useful (coolant and astringent) in burning sensations of the body, bleeding piles and menorrhagia, form cooling medicine for cutaneous ailments. Carefully dried fragrant stamens act as diuretic and used for flavouring tea. They have also been used as ingredient of some traditional cosmetic applications. Helpful in relieving dryness in chest, smelling the flowers is beneficial for persons with warm temperament.

Root boiled and added with suitable ingredients is administered to the patients of piles (act as demulcent, the powder of the root is also given) for dysentery and dyspepsia and applied as paste over ringworm and other skin affections. A sweet dish (Kheer) is prepared from seeds, as the roasted seeds divested of their shells are favorable article for dessert. Boiled or ground into flour, the kernels form valuable food and medicine. Use of alkaloid (nupharine) reported to cause lasting stimulation of respiration, impaired respiration restored and stimulated.

Compound Preparations

Sherbet Nilofar, Dayaquza (Gul-e-Nilofar-Nilofar), Safuf-Lodh, Sherbet Ahmad Shahi, Sherbet Dinar, Sherbet Gaozaban, Sherbet Aijaz, Sherbet Nilofar, Arq Shir Murakkab, Arq Fawakeh, Arq Ma'ul Jubn, Arq Murakkab Musaffi Khun, Arq Nilofar, Arq Hara Bhara.

Dosage

2-7 g.

Corrigent

Nepeta hindostana (Roth) Haines (Badranj-boya), Swertia chirata Buch. & Ham. (Chiraiyta).

Tenedium

Bed Mushk, (Salix spp.), Kahu (Lactuca scariola Linn. L. sativa Linn.) Santalum album Linn. (Sandal).

Comments

Seeds are rich in essential food ingredients therefore have been used traditionally in specific dishes and as dessert.

Neolitsea chinensis (Lam.) Chun.

Syn.: Litsea chinensis Lam.,
Litsea sebifera Pers.,
Litsea glutinosa (Lour.) C.B. Robinson
Family: **Lauraceae**
Arabic Name(s): Vardbari
Urdu Name(s): Maidah Lakri, Maidah-Sak
English Name(s): Litsea Bark

Parts Used

Bark.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Astringent, demulcent, nervine and digestive tonic, aphrodisiac stimulant, resolvent of inflammations, antispasmodic.

Specific Action

Astringent, stimulant and aphrodisiac.

Medicinal Uses

Litsea bark in infusion or decoction is a useful remedy for diarrhoea. Owing to its feebly balsamic and mucilaginous nature, used as a demulcent and astringent in dysentery and diarrhoea as astringent and demulcent. Acts as antiflatulent and gives strength to muscles, also useful as tonic for fattening the body and relieves tension in the muscles and relaxes them particularly the digestive and reproductive organs' muscles. With armenian bole the freshly ground bark is used as an emollient haemostatic and resolvent application to bruises, sprains, rheumatic and gouty joints and to swelling and inflammations due to physical contact. With honey, it acts effectively in systemic use against phlegmatic and nervous backache, rheumatism, sciatica, gout, spasms (and tetanus), in sexual debility and in mild bone fractures of aging persons.

Compound Preparations

Safuf Maida Lakri, Zamad Dard, Safuf Istikhasa, Kushta Para.

Dosage

3-5 g. (approximately).

Corrigent

Honey.

Tenedium

Colchicum luteum Baker (Suranjan) in rheumatism and Terminalia arjuna W. & A. for mild bone fractures and backache.

Comments

Bark has been reported to contain a good mucilage. Bark has been described as harmful for persons suffering from urinary bladder disorders.

Nepeta hindostana (Roth) Haines

Syn.:	Nepeta ruderalis Ham.
	Glechoma hindostana Roth.
	Nepeta calaminthoides Royle ex Benth.
Family:	**Labiatae/Lamiaceae**
Arabic Name(s):	Wardul Qalb Hindi, Mufarreh-al-Qalb
Urdu Name(s):	Badranj Boya
English Name(s):	Nepeta herb

Parts Used

Whole herb (particularly above ground parts).

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Exhilarant, carminative, stomachic, resolvent, sedative; hepatic, cardiac, cephalic tonic, antipyretic, diaphoretic, refreshing (drink) in febrile conditions, blood-purifier, experimentally anticholesterolemic.

Specific Action

Refreshing (exhilarant) and tonic (for vital body organs).

Medicinal Uses

The leaves and stems of Nepeta are slightly bitter, good for insanity, giddiness, hiccup, dyspnoea, bronchitis, griping, muscular pain, asthma, tuberculous glands, headache, scabies etc. Fruit is brain tonic and useful in hypochondriac conditions. Plant infusion and gargles are considered useful in strengthening the gums and to remove malodour from mouth. Helpful in assisting breathe in those conditions where patient finds it difficult (to breathe) without holding neck upright. Decoction of leaves is also regarded useful in reliving toothache as gargles. Used as tonic for cardiac function and its paste is effective against rheumatic pains and breast inflammations. The syrup and aqua are

frequently admi- nistered for atrabilious and phlegmatic disorders.

Alcoholic extract of herb is reported to have marked antiphlogistic (anti-inflammatory) activity. Beneficial effects have been noted in myocardial necrosis. The volatile oil derived from the herb has shown good antifungal activity.

Compound Preparations

Khamira Marwarid, Jawarish Mastagi Kalan, Khamira Abresham Sada, Dawa-ul-Misk Mo'tadil Sada, Khamira Gaozaban, Dawa-ul-Misk Har- Sada, Sherbet Ahmad Shah, Sherbet Gaozaban, Ma'jun Khadar, Muffareh Buqrat, Muffareh Mo'tadil.

Dosage

5 to 7 g. (approximately).

Corrigent

Boswellia glabra Linn. (Kundar), Tragacanth, Silk Cocoon (Bombyx mori Linn.).

Tenedium

Silk Cocoon (twice in quantity), Orange peel (twice in quantity).

Comments

Contra-indicated in patients suffering from ailments of pelvic region.

Nerium indicum Mill.

Syn.: Nerium odorum Soland.

Nerium oleander Linn.

Family: **Apocynaceae**
Arabic Name(s): Sanbul Aqleeti
Urdu Name(s): Kaner, Dafli/Sammal Himmar/Zhar Zehra, Kanera/Ghanera, Ganderai, Zangi-gul, Gandher
English Name(s): Oleander

Parts Used

Leaves and root.

Quality/Temperament

Warm and dry in third order (with toxicity).

Functions and Properties (Pharmacological Actions)

Root and root bark are powerful diuretics, attenuant and cardiac tonic, leaves resolvent and detergent, blood purifier, aphrodisiac, avoricious, abortifacient.

Specific Action

Resolvent, detersive, cardiac and aphrodisiac tonic, local systemic resolvent and sedative.

Medicinal Uses

Decoction and thick infusion of the leaves of Oleander is regarded as useful in skin disorders (as detersive) in irritation and scabies, ringworm, freckles, etc. and administered internally under critical observation in diseases due to blood disorders including leprosy, and syphilis. Root finds use in piles as paste, in ulcers and in recommended doses administered to procure abortion. Oil obtained (by distillation) from leaves and root is effective against eczema and impetigo. The leaves are also applied to reduce swelling, leaves powder act as desiccative for open wounds. Powder of the root is rubbed on forehead to relieve headache.

Compound Preparations

Arq Dasmol.

Dosage

Upto 1 g. (leaves or root/root bark)/In external application 1-3 g. (approximately)

Corrigent

Oils/butter/fresh cheese/honey/milk.

Tenedium

Matricaria chamomilla Linn. (Babuna), Trigonella foenum-graecum Linn. (Methi), Melilotus officinalis (L.) Desr. (Ikleel al-Malik). Leeches grinded in suitable oil is the tenedium in external aphrodisiac application.

Comments

Toxic drug. Actions of whole parts are comparable to Digitalis and Strophanthus. Mostly used externally.

Nicotiana tabacum Linn.
Nicotiana rustica Linn.

Family: **Solanaceae**
Arabic Name(s): Heen, Hein, Dafli
Urdu Name(s): Tambaku, Tamaku, Tamak
English Name(s): Tobacco

Parts Used

Leaves.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Emetic, expectorant and resolvent of phlegm, drives away excessive humours in cephalic region, sedative, analgesic, narcotic, absorbent of excessive catarrhs, errhine, pain in teeth affected by worm is relieved if kept at the site of pain. Affect both the central and peripheral nervous system, first causes rise and then fall in blood pressure, induce contraction of smooth muscles. Locally anodyne, muscle relaxant antirheumatic.

Specific Action

Anticatarrhal (being expectorant and absorbent), and anodyne.

Medicinal Uses

The smoke from dried leaves of tobacco causes contraction in the smooth muscles thus act as anticonstipative in persons suffering from habitual constipation. The smoke also brings phlegm into the lung thus temporarily gives relief in chronic productive cough, thus in asthma attack it is also of some use. In case of complaints where vomiting is desired its leaves extract made into syrup with sugar in bearable quantity. It acts as emetic and thus brings relief in relevant situations. Green leaves heated over some metal and tied over testes render anti-inflammatory effects. Decoction also proves effective against pain in rheumatism in local application. Relieves toothache if chewed and absorbs extra or putrefied catarrhs present in gums, mouth, pharynx. Snuff of powdered leaves is effective in alleviating headache which is caused due to the catarrh remains in cephalic region due to flu and cold. Dried ash in honey is useful in asthma. Water from the hookah is useful against some skin complaints particularly itching. Warm leaves applied over abdomen bring relief in colic and gripes.

Compound Preparations

Sunun Tambaku, Bakhur Dama (tambaku surti, Nicotiana rustica Linn.).

Dosage

25 mg. (approximately).

Corrigent

Fresh milk.

Tenedium

Yellow colour flower species for pink flowered species.

Comments

Nicotiana tabacum Linn. is pink flowered, whereas N. rustica is yellow flowered species. Long-term use may cause dependence. Excessive use of tobacco may produce dyspepsia, chronic inflammation of the bronchial mucous membrane, nervous depression, sleeplessness, general anaemia, cardiac distress, makes the skin shallow, may induce permanent tremors in hands and body. Less than recommended doses if administered internally may induce instant giddiness or dizziness.

Nigella sativa Linn.
Nigella damascena Linn.

Family: **Ranunculaceae**
Arabic Name(s): Habat al-Baraka, Habat as-Sauda
Urdu Name(s): Kalonji, Siyah Dana, Shoneez
English Name(s): Nigella seeds, Black Cumin, Black Seeds

Parts Used

Seeds.

Quality/Temperament

Warm and dry in third order/warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Stimulant, antiphlegmatic, attenuant, suppurative, detergent, diuretic, emmenagogue, lactagogue, uterine stimulant, anthelmintic, expectorant, antiflatulent, antidyspeptic, stomach and liver tonic.

Specific Action

Stimulant, diuretic and emmenagogue, stomach and liver tonic.

Medicinal Uses

Kalonji is extensively used as spice and as medicine with other aromatics. The herb has been regarded as a valuable remedy in hepatic and digestive disorders as well as stimulant in a variety of conditions which are ascribed to cold humours. In their external use seeds give relief when bruised in vinegar and applied on pityriasis, leucoderma, ringworm, eczema, alopecia, freckles and pimples. Powdered seeds in

suitable vehicle are administered to alleviate asthma, chronic headache, migraine and chest congestion. For bringing menses (in dysmenorrhoea) seeds powder or decoction is administered in recommended doses (10-20 gm). With aromatics and Plumbago zeylanica Linn. root recommended in dyspepsia. As carminative for seasoning food. Mixed with sesame oil and applied on skin eruptions and as protection for linen against insects. It has been reported to prevent bronchospasm, and the flowering tops, leaf and seeds are reported to possess hypotensive activity, whereas the seeds have been found to exert antibacterial activity. Seeds use is considered effective against obesity. Oil's use increase flow of bile experimentally, and externally of great use in paralysis, hemiplegia, back pain and rheumatism.

Compound Preparations

Hab Halteet, Jawarish Shoneez, Anqaruyia-i-Kabir, Roghan Shafa, Roghan Kalan, Zimad Bars, Qairuti Arad Krasna, Ma'jun Izaraqi, Ma'jun Khubs al-Hadid, Ma'jun Finjnosh, Ma'jun Kalkalanj, Ma'jun Nankhwah, Ma'jun Nankhwah Mushki.

Dosage

1-3 g. (approximately).

Corrigent

Cochlospermum religiosum (L.) Alston (Katira).

Tenedium

Pimpinella anisum Linn. (Anise seeds) for digestive system.

Comments

Large doses or long-term use may cause harm to throat and cephalic region and may cause haemorrhage from stomach region and abortion. N. damascena Linn. has been referred as a common garden annual.

Nymphaea lotus Linn.
Nymphaea nouchali Burm. f.

Syn.: Nymphaea lotus var. pubescens H. & T.
Family: **Nymphaeaceae**
Arabic Name(s): Aisbeed, Samrus-alnabeel
Urdu Name(s): Kanwal Gattah, Kanwal, Kol-Doda, Paen
English Name(s): Lotus

Parts Used

Seeds and other parts.

Quality/Temperament

Cold and moist in second order.

Functions and Properties (Pharmacological Actions)

Antibilious, sedative for increased blood heat, effective against thirst and polydipsia, astringent, increases viscosity of the seminal fluid.

Flowers: Refrigerant, cardiac tonic.

Filaments: Astringent, cooling.

Root: Demulcent, diuretic, nutrient.

Seeds: Antibilious, thirst-quencher, astringent, viscous (for seminal fluid).

Tubers: Useful diet in diabetes and piles.

Specific Action

Antibilious, cooling, astringent.

Medicinal Uses

Lotus flowers are either white, pink, red or blue, the tubers (fruit) are green. Flowers are said to alleviate cough, extra bilious humours, vomiting, giddiness, and burning sensation (of the skin). Syrup of the flowers made in sugar and water is useful in remittent and other high fevers, heat, apoplexy and inflammatory ailments of brain. Flowers' decoction is also regarded as useful in palpitation. Filaments of the plant are astringent, cooling effective in bleeding piles and menorrhagia. Powder of the roots is administered in dyspepsia, diarrhoea and piles. Compound decoction of various flowers varieties are effective in thirst, burning sensation, fainting, vomiting, haemorrhage from internal organs and bleeding from the womb during gestation. Leaves are spreaded on bed of patients suffering from high temperature give relief. Seeds being antibilious used in different preparations for thirst, diarrhoea, spermatorrhoea and to render the seminal fluid viscous. Instant relief can be provided by giving bruised seeds in aqua Rose in vomiting and watery motions.

Compound Preparations

Safuf Maghaz Kanwal Gattah, Hab-Zehr Mohra, Kushta 'Aqiq, Halwai Supari Pak.

Dosage

3-5 g.

Corrigent

Hyoscyamus niger Linn.

Tenedium

Murrabah Amlah (Phyllanthus emblica Linn. preserve), sherbet (syrup) Amla.

Comments

Not easily digestible. Prolong use may cause internal obstructions.

Ocimum basilicum Linn.
Ocimum sanctum Linn.
Ocimum americanum Linn.
Ocimum canum Sims.

Family: **Labiatae /Lamiaceae**
Arabic Name(s): Habas Saftari, Ofiman, Rehan
Urdu Name(s): Faranj mushk, Jangli Tulsi, Niazbo
English Name(s): Basil

Parts Used

Seeds and leaves, rarely roots.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Exhilarant (demulcent), expectorant, antiperiodic, diuretic, emmenagogue. Seeds mucilaginous and demulcent. Leaves fragrant, aromatic (antiseptic) and expectorant.

Specific Action

Exhilarant (demulcent), febrifuge, expectorant (pectoral).

Medicinal Uses

Basil seeds are household remedy for heat when used in syrups in summer season. Seeds are recommended in complaints of the urino-genital system such as gonorrhoea. Decoction of leaves given in gastric and hepatic disorders and is useful in catarrh, bronchitis. Decoction of the root is useful in malarial fever as antiperiodic. Syrup in which seeds are added becomes mucilaginous within minutes which is effective against cardiac debility and palpitation. Extract of leaves is useful in earache (as drops). Leaves are bruised into paste and applied over the inflammations. Decoction of leaves is also useful in cough (due to heat), acts as diuretic and emmenagogue as well as tonic for the stomach. Oil of seeds is employed in syphilis, otitis and otorrhoea whereas

the fragrant oil of basil leaves (obtained after steam distillation) is used in perfumes, and toiletries.

Compound Preparations

Endemali, Safuf Teen, Sherbet Ahmad Shahi, Arq Amber, Arq Gazar Ambari, Arq Maul Laham Ambari Ba Nuskha Kalan, Ma'jun Khadar, Mufarreh Mo'tadil, Mufarreh Yaquti Mo'tadil.

Dosage

5 to 7 g. (seeds), leaves 7-12 g. (approximately), cold infusion (1 in 10), 15-30 ml (approximately).

Corrigent

Banafsha (Viola odorata Linn.), Sikanjbin (Sugar plus lemon juice in water).

Tenedium

Badranjboya (Nepeta hindostana (Roth) Haines.), Tukhm-Balangu (seeds and heads of Lallemantia royleana (Benth.) Benth.).

Comments

Long-term use is not advised due to mucilaginous nature of the seeds.

Olea europea Linn.

Family: **Oleaceae**
Arabic Name(s): Zaitun, Zeet
Urdu Name(s): Zaitun, Khot, Kato,Shrun, Showan, Kahu, Zaytoon.
English Name(s): Olive

Parts Used

Fruit.

Quality/Temperament

Warm and moist in first order/warm and moist in second order (Kabiruddin).

Functions and Properties (Pharmacological Actions)

Nutritive, emollient, demulcent, laxative, allays the irritation of digestive organs and alimentary canal, on long-term use resolves the obstructions and fatty depositions or stones in liver, gall bladder, kidneys and urinary bladder (thus acts as lithontriptic). Externally it has moist, emollient, resolvent and sedative actions and its message imparts strength to whole body.

Specific Action

Nervine stimulant, nutritive and tonic, resolvent.

Medicinal Uses

Olive oil much used in Middle East for edible purpose relieves general debility and weakness in all age groups and is administered as aphrodisiac. About 12-60 ml of the oil has desirable anticonstipative action, in anal fistula or swellings and ulcers as well as in anal fissures. Proves useful in unidentified cause of colic and given as enema it helps control the pain. In case of liver obstructions continuous use for recommended duration assists resolution of the depositions (or stones) and slowly purges out of the body without notice. Internal administration in medical doses is also effective as antidote against toxicity produced by arsenic or like poisons and allays the irritated conditions produced in digestive organs due to such poisons. Being nervine stimulant and sedative acts usefully against rheumatic pains, paralysis, sciatica to resolve the malhumours deposited to relieve pain. Softens the body when messaged, and is useful in alopecia, psoriasis and burns when applied as ointment. Useful message for aging individuals and lean children and as corrective and vulnerary for wounds.

Compound Preparations

Roghan Zaitun (as vehicle also).

Dosage

Oil 6-12 ml (approximately), in constipation 24-60 ml, also as enema.

Corrigent

Honey, Viola odorata Linn. (Syrup).

Tenedium

Roghan Balsan (Commiphora mukul Hook & Stock) oleo-resin.

Comments

Olea ferruginea Royle Syn. O. cuspidata Wall ex. Dc. (The Indian Olive Kao) and O. glandulifera Wall ex Dc. (known as Barkao) have been indexed. Use of olive oil in conditions where sepsis is already present it may exert harmful effects (thus contra-indicated in such conditions). Olea ferruginea Royle (locally known as Aath Ka Patta and Kahu ja Pannh. Syn. O. cuspidata Wall ex G. Don leaves have been reported effective for relieving stomach ache and as emetic against heat stroke.

Onosma bracteatum Wall.
Trichodesma indicum (L.) R. Br.
Borago officinalis Linn.

Syn.: Trochodesma hirsutum Edgew; Borago indica Linn.
Family: **Boraginaceae**
Arabic Name(s): Saqil-Hammam, Lisan al-Thawr
Urdu Name(s): Gaozaban, Lisan al-Thawr
English Name(s): Borage, Vipers bugloss

Parts Used

Leaves, flowers.

Quality/Temperament

Warm and moist in first order (flowers).

Functions and Properties (Pharmacological Actions)

Demulcent, diuretic, antispasmodic, alexipharmic, antipyretic (alterative), tonic, aphrodisiac, reduces irritation of the mucous membranes, reduce fever and is beneficial in chest ailments (pectoral).

Specific Action

Demulcent, tonic, alterative.

Medicinal Uses

Gaozaban is generally prescribed in cases of bronchitis and asthma, useful as a spasmolytic, and to relieve palpitation due to abnormal cardiac function. Recommended in complaints of urinary passages such as gonorrhoea and syphilis. Much prescribed as tonic in decoction (one ounce in a pint of water) in rheumatism, syphilis, leprosy, hypochondriasis and kidney ailments. It is a good refrigerant and demulcent, relieves excessive thirst and restlessness in febrile excitement that is observed during fevers. It is also reported in relieving irritation of the stomach and bladder as well as stranguary. Used in the form of infusion prepared in hot or cold water is a good substitute for Sarsaparilla.

Compound Preparations

Khamira Gaozaban, Khamira Abresham Sada, Dawaul Misk Mo'tadil, Bershe'sha, Tariyaq-i-Samania, Jawarish Amla Ambari Ba Nuskha Kalan, Jawarish Jalinus, Jawarish Zar'uni Sada, Jawarish Zar'uni Ambari Ba Nuskha Kalan, Jawarish Safarjali Qabiz, Jawarish Shahinshahi Ambareen, Jawarish Shehryaran, Jawarish Ood Shirin, Jawarish Mastagi Kalan, Khamira Abresham Shira Unnabwala, Dawaul Misk Har Sada, Rub-e-Angur, Rub-e-Bihi, Rub-e-Toot Siyah, Rub-e-

Jamun, Rub-e-Saib Shirin, Ruh-e-Gaozaban, sherbet Abresham, Arq Pan, Arq Shir Murakkab, Arq Gazar Ambari, Arq Maul Jubn, Joshanda, Joshina, Arq Amber, Khamira Hamdard, Dawaul Misk Mo'tadil Jawahardar, Khamira Gaozaban Ambari, Ma'jun Khadar, Ma'jun Dabeedul Ward, Ma'jun Muqawwi wa Mumsik, Ma'jun Musli Pak, Mufarreh Dilkusha, Mufarreh Buqrat, Mufarreh Yaquti Mo'tadil, Mufarreh Mo'tadil, Naushdaroo-i- Lului.

Dosage

Leaves 5-7 g., flowers 3-5 g. (approximately).

Corrigent

Santalum album Linn. (Sandal).

Tenedium

Citrus medica Linn. fruit peel; for leaves, flowers are the tenedium. For flowers, leaves and silk cocoon.

Comments

Described as harmful for spleen (if large doses are taken or used for long-term).

Onosma echiodes Linn.
Onosma hispidum Wall. ex G. Don.

Syn.: Onosma echioides Senus Clarke
Family: **Boraginaceae**
Arabic Name(s): Sa Il-hamam, Abu-Khalsa
Urdu Name(s): Ratanjot, Shakjar, Laljari, Yarlilang
English Name(s): Alkanet root, King's Dye

Parts Used

Root (for some species of Onosma).

Quality/Temperament

Warm and dry in second order/cold in first order, dry in second order (according to Ibn Sina).

Functions and Properties (Pharmacological Actions)

Colouring (red colour), astringent, desiccative, alterative detergent, demulcent, emmenagogue, lithontriptic.

Specific Action

Desiccative for ulcers and purulent hard sores (in external application) as well as for eruptions.

Medicinal Uses

Ratanjot is more commonly used in external applications therefore in ointments applied as astringent and desiccative in chronic ulcers and burns. In vinegar the root is bruised and applied in vitiligo, leucoderma, psoriasis, warts, carbuncles, herpes, bilious eruptions and ulcerous wounds. In oil the root is first fried then bruised and applied on scalp, it proves useful against alopecia. Powdered and mixed in oil and slightly massaged proves effective against excessive sweating.

Internally the root (and other parts: leaves and flowers) possess alterative and desiccative properties, hence administered in liver disorders (like jaundice) pain in the spleen, pain in liver, gout, kidney pain, in kidney and urinary bladder obstructions and stones, and in fevers of chronic state. But finds occasional use in uterine pains, pain in hard swellings, amenorrhoea etc. As vaginal suppository and syrup given with abortifacients and with drugs which assist in getting out placenta. As cordial and stimulant in rheumatism and palpitation given in cases where extra catarrhal secretions are diagnosed.

Compound Preparations

Marham Kharish, Marham Khanazir, Marham Jadwar.

Dosage

3 to 5 g.

Corrigent

Oil of Viola odorata Linn. (Banafsha).

Tenedium

Matricaria chamomilla Linn. (Babuna Gaochashm/Uqahwan) root.

Comments

Under the name Alkanet (and Rattanjot) roots of commonly available Borage species (Onosma bracteatum Wall., O. hookeri Linn.) and Alkana tinctoria (L.) Tausch. are also used as substitute. Ibn Sina identified it as Anjusa whereas Hakim Najmul Ghani also names it Arjuya/Harjuya. Another Arnebia species from Afghanistan has been known as Rang-i-Badshah (or King's dye).

Operculina turpethum (Linn.) Silva Manso

Syn.: Ipomoea turpethum R. Br.
Family: **Convolvulaceae**
Arabic Name(s): Turbud
Urdu Name(s): Tarbud, Nissot, Tirvi, Tejkathi
English Name(s): Turpeth root.

Parts Used

Root (intertwined rope-like), resin.

Quality/Temperament

Warm in second order, dry in the first.

Functions and Properties (Pharmacological Actions)

Hydragogue cathartic, hepatic stimulant, increases secretion of biliary (as well as phlegmatic) matter and renders it more watery, drastic purgative of phlegmatic humours and bile, rubefacient.

Specific Action

Cathartic, antiphlegmatic (with chebulic myrobalan), anti-epileptic and useful against melancholic states.

Medicinal Uses

To render the body slim and thin, as purgative, use of turpeth root is considered beneficial. Turpeth is best administered in combination with other herbal drugs, particularly beneficial in rheumatic, paralytic and epileptic affections, as purgative (of phlegmatic and bilious humours in excess) and in compound preparations as hepatic stimulant, cathartic and laxative, in melancholia, gout, dropsy, leprosy, etc. Also used in drugs recommended for painful dyspepsia with costiveness and flatulence, also in some confections used for sluggish liver and intestines. To reduce weight and fatness this is a remedy described by traditional physicians (but not in much practice for this purpose due to its potential cathartic action). Ginger is considered as best combination to intensify its action. Ipomoea resin also manifest strong purgative and hydragogue activities.

Compound Preparations

Jawarish Shaheryaran, Qurs Mulayyin, Itrifal Zamani, Itrifal Mulayyin, Itrifal Ghudadi, Jawarish Safarjali Mushil, Jawarish Kamuni Mushil, Hab Banafsha, Hab Dabba Atfal, Hab Suranjan, Hab Muqil, Hab Yarqan, Safuf Mushil, Sherbet Mushil, Ma'jun Anjir, Ma'jun Sana, Ma'jun Suranjan, Ma'jun Kalkalanj, Ma'jun Najah, Hab-e-Ayarij.

Dosage

2 to 5 g.

Corrigent

Decorticated root burned (boiled) in almond oil.

Tenedium

Ghariqun (Polyporus officinalis Fries.), Ipomoea hederacea (L.) Jacq. (Kala dana).

Comments

Used alone may excite irritation in the mucous membrane of the gastro-intestinal tract, induces loose watery motion, nausea and harmful to intestine, and cause nausea, colic, watery mucus containing discharges or stools and bloody dejections.

Orchis mascula Linn
Orchis latifolia Linn.

Syn.:	Orchis latifolia auct. plur non L.
	Orchis hatagirea D. Don
	Dactylorhiza gagariana (Soo) Soo
Family:	**Orchidaceae**
Arabic Name(s):	Sahlab, Sa`lab
Urdu Name(s):	Sa'lab Misri, Saleb, Khasiyatus Saleb
English Name(s):	Salep Orchid

Parts Used

Root (yellowish).

Quality/Temperament

Warm and moist in first order.

Functions and Properties (Pharmacological Actions)

Demulcent, astringent, aphrodisiac (viscous-provocative of lust), nervine tonic and restorative, nutritious and anti-diarrhoeal, salep jelly made in water (or milk) is regarded as mucilaginous (viscous-aphrodisiac).

Specific Action

Mucilaginous (viscous), demulcent, aphrodisiac.

Medicinal Uses

Sa`lab Misri is recommended in cases of nervous debility, weakness and loss of sexual ability, nocturnal emissions, enuresis, spermatorrhoea. Nutritious, much prescribed as nervine tonic for blood vessels and muscles, in hemiplegia

and paralytic affections. Generally used in cases of diarrhoea and dysentery. Helpful in alleviating the chronic complaints and inflammatory conditions of the urino-genital system, is lustful (avoricious) and increases the quantity of seminal fluid. Tonic for the muscles and nutrition for the body.

Compound Preparations

Ma'jun Filasfa, Hab-e-Amber Momyaie, Ma'jun Kalan, Ma'jun Shir Bargad Wali, Supari Pak, Ma'jun Jalali, Ma'jun Behmanain, Lubub Kabir, Lubul al-Asrar, Saful Muallif, Safuf Kalan, Halwai-Ghaikwar, Halwai Gazar Maghz Sar-i-Kunjashkwala, Halwai-S'alab, Hab-Jalinus, Jawarish Zar'uni Ambari Ba Nuskha Kalan, Ma'jun Saleb.

Dosage

3 to 7 g.

Corrigent

Cichorium intybus Linn. (water/extract), sugar.

Tenedium

Bozeedan (Tanacetum umbelliferum Boiss.).

Comments

Described as harmful for individuals with warm temperament (especially their cardiac orifice is regarded as risk following its use).

Origanum majorana Linn.

Family:	**Labiatae / Lamiaceae**
Arabic Name(s):	S'atar, Wara Rihan
Urdu Name(s):	Mirzanjosh, Dona Marwa, Sweet Majoram, Sathar
English Name(s):	Common Marjoram

Parts Used

Above ground parts, leaves.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Demulcent, resolvent, deobstruent, detersive, and absorbent of catarrhs, antispasmodic, carminative, diaphoretic, emmenagogue and tonic.

Specific Action

Demulcent, carminative, stimulant, resolvent, antispasmodic.

Medicinal Uses

Marjoram in common decoctions with astringents and demulcents used in colic, flatulence, loss of appetite, cold humoural pains in chest and joints, to relieve dyspepsia and headache due to the deposition of spasm. The oil resolves excess malhumours from the painful sites when applied locally in rheumatism, to the abdomen in digestive complaints and applied on the temples in hemicrania and to the ear in earache. The herb is an effective detergent for abnormally produced catarrh in the brain. Syrup of extract is useful as antispasmodic in flatulent colic, liver and spleen inflammation as well as in dropsy. Herb's fragrance is generally useful as anticatarrhal and specially effective in flu and headache due to adverse affects of cold.

Compound Preparations

Muffareh Kabir, Safuf Muhazzil.

Dosage

9 g.

Corrigent

Apium graveolens Linn. seeds.

Tenedium

Mentha arvensis Linn. / Mentha piperita Linn.

Comments

Cultivated as pot herb in gardens and used as substitute for thyme (Thymus serpylum Linn.) in cookery. The medicinal attributes of Marjoram are considered to be similar to Mint.

Origanum vulgare Linn.

Syn.: Origanum normale D. Don.

Origanum vulgare var. glaucum (Rech. f. & Edelb) Hedge & Lam.

Syn.: Origanum glaucum Rech. f. & Edelb
Origanum glaucum var. laxius Rech. f. & Edelb
Family: **Labiatae/Lamiaceae**
Arabic Name(s): Wara Baradasus
Urdu Name(s): Sa'atar, Jangli Sathara
English Name(s): Wild Marjoram

Parts Used

Whole herb (above ground parts).

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aromatic, stimulant, tonic, detergent and carminative, antiflatulent, anodyne, analgesic and resolvent expectorant, anticatarrhal for stomach, liver and intestines, lithontriptic, diuretic and emmenagogue, anthelmintic (particularly for tape worms).

Specific Action

Carminative, antiflatulent, resolvent, deobstruent.

Medicinal Uses

To resolve spleen inflammation a paste of Origanum vulgare Linn. made in vinegar is applied over the abdomen as well as administered systematically to procure anti-inflammatory action. For resolving other organs' inflamed or swollen conditions bruised in honey and applied to obtain similar results. In toothache, herb decoction is effective as gargles, and as decoction or infusion result oriented application in coxalgia, pain in the bladder and uterus. Appropriate preparation as paste is also applied under cover as fomentation on relevant organs. With Ficus carica (Figs) administered in cough, asthma, bronchitis to allay the situation and as antiphlegmatic expectorant to clear the lungs of excess humours. With other suitable drugs administered to resolve the obstructions (depositions/stones) from kidneys and urinary bladder. Acts as effective antiflatulent and deobstruent and relieves earache if its extract is dropped into the ears. Also useful against primary cataract and conjunctivitis when extract is applied as drops.

Compound Preparations

Roghan Kalan, Arq Pan, Ma'jun Sangdana Murgh, Ma'jun Suranjan, Ma'jun Fotinji, Ma'jun Kalkalanj, Ma'jun Muqil, Ma'jun Nankhwah.

Dosage

5-7 g (approximately).

Corrigent

Ficus carica Linn., vinegar, honey and for local application olive oil.

Tenedium

Mentha sylvestris Linn. and M. sylvestris L. var. royleana (Wall ex Benth.) Hk. In detergent, demulcent and diuretic action Hordeum vulgare Linn.

Comments

Inclusion of Origanum vulgar Linn. (about 1 gram) in Dawai-Mushil prevents its emetic action. Volatile oil from the herb exert rubefacient action. Warm infusion of the herb promotes menstrual flow particularly when suppressed by cold. Its use restricts flatulence and does not allow it to suppress brain functions.

Paeonia emodi Wall. ex Hk.

Family: **Ranunculaceae**
Arabic Name(s): `Ood Saleb
Undue Name(s): `Ood Saleb, Favania
English Name(s): Paeoni root

Parts Used

Tubers.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Blood purifier, antispasmodic, antibilious, nervine tonic, alterative, deobstruent, antiepileptic, emmenagogue, astringent (for uterus), and sedative (effect comparable with Delphinium denudatum Wall. ex H&T.i.e. jadwar).

Specific Action

Antiepileptic, nervine tonic.

Medicinal Uses

Paeoni tubers are the useful medicine for uterine diseases and disorders like dysmenorrhoea, amenorrhoea, hysteria, epilepsy, convulsions, colic etc. which are due to bilious obstructions. Tubers are reputed blood purifier and antispasmodic and stimulate by astringent action the secretion of menses. Its sedative action is comparable with jadwar and the Unani physicians prescribe both (Paeony root plus jadwar) in epilepsy and hysteria, insanity, or nightmares. Also prescribed in cases of palpitation and asthma, with bruised leaves of Melia (Neem) is favourite remedy for bruises, sprains etc. Seeds are emetic and cathartic.

Compound Preparations

Khamira Gaozaban Jadwar-`Ood Salibwala, Hab A'sab, Ma'jun Hamal Amberi Alvi Khani, Hab-e-Amber Momiyai, Hab Jund, Sherbet Ustukhudus, Sherbet Faryad Ras,

Sherbet Mushil, Qurs Ood Salib, Ma'jun Khadar, Ma'jun Zabib, Ma'jun Kalan, Ma'jun Nisyan.

Dosage

1-3 g. (approximately), sometimes upto 5 g.

Corrigent

Gulqand (rose petals plus sugar preserve), sugar, fresh milk, Cochlospermum religiosum (L.) Alston. (Katira).

Tenedium

Cordia latifolia Roxb./C. dichotoma Forst. f. (in most of its functions).

Comments

Prolonged use or large doses may be harmful to patients with warm temperament (particularly for the stomach), headache, giddiness and vomiting are the possible symptoms of side effects caused by large doses or prolong use.

Papaver somniferum Linn.

Family:	**Papaveraceae**
Arabic Name(s):	Afiyun, Lubn Al Khaskhash
Urdu Name(s):	Khashkhash, Afiyun, Afim, Doda, Afim, Jhal, Dodapost
English Name(s):	Opium, White Poppy, Carnation Poppy

Parts Used

Seeds, extract, latex from the capsules.

Quality/Temperament

Cold in second order, moist in the first (white type seeds). Black: cold in third order and dry in second.

Functions and Properties (Pharmacological Actions)

Anaesthetic, sedative, hypnotic, antispasmodic, anticatarrhal, astringent, haemostatic, general pain reliever and effective against complaints of cold origin.

Specific Action

Anaesthetic, anodyne, narcotic, sedative.

Medicinal Uses

The seeds of Poppy are regarded as nutritive, demulcent and mild astringent; the capsules as astringent, somniferous, soporific, sedative and narcotic, promote talkativeness. Latex has widely anaesthetic and pain relieving effects whether local or systemic, particularly useful for exerting

anti- spasmodic effect in cold and accidents. The latex in medicine doses first stimulates brain, heart and respiration, this effect is soon followed by general depression. Useful in headache, pain in tic doulourex, pleurisy, back pain, rheumatism, dental pain, earache, sciatica. May be applied as embrocation, liniment and drops. Its hypnotic and sedative property is helpful in relieving ailments such as melancholia, hysteria etc. Sometimes due to its oral administration, it is better to evacuate the intestine with some purgative. Its haemostatic action is useful against intestinal haemorrhage. Its anaesthetic and sedative action renders useful effects in respiratory disorders particularly all kinds of cough, in persistent type of influenza and nasal catarrh. Imparts viscosity to the seminal fluid and stop early ejaculation, thus increases the libido. Effective against seasonal fevers and to secure abortion. Relieves pain after abortion and delivery. Its nutritive preparations are beneficial as cephalic and general tonic as well as aphrodisiac. Warm seeds made into paste and applied over gouty parts render useful effects and to remove pain in rheumatic affections.

Compound Preparations

Barsh`esha, Hab Paichish, Hab Sil, Itrifal Kabir, Itrifal Muqawwi Dimagh, Banadiq al-Bazur, Tiryaq-i-Nazla, Hab Surfah, Hab Lub al-Khashkhash, Hab Mumsik Tilai, Dawai Siyah Paichish, Dayaquza, Roghan Khashkhash, Safuf Shahtara, Safuf Tabashir, Sherbet Khashkhash, Sherbet Sadar, Sherbet Faryad Ras, Qurs Abiaz, Qurs Kaknaj, Lubub Saghir, Lubub Kabir, Lubub Mo'tadil, Laooq Sapistan, Laooq Nazli, Ma'jun Khadar, Ma'jun Ruh al-Mominin, Ma'jun Raig Mahi, Ma'jun Murraweh ul-Arwah, Muffareh Mo'tadil.

Dosage

15 to 120 mg. (approximately).

Corrigent

Foeniculum vulgare Linn.

Tenedium

Lactuca serriola Linn. (wild variety).

Comments

Generally harmful for individuals with cold temperament. Frequent use of seeds causes dryness of the mouth and throat, lessening the secretion of the stomach and thus impair appetite, diminish the secretion of bile and may cause constipation, decrease quantity of urine, increase heart beat and arterial action.

Parmelia perlata Esch.

Syn.: Parmelia perforata Ach.
Lichen rotundatus
Family: **Parmeliaceae**
Arabic Name(s): Rumman Barri, Shaibat, Shaibah
Urdu Name(s): Chharela, Pathar Ka Phool, Pariyo
English Name(s): Usnea (Lichen), Yellow Lichen, Stone Flowers, Rock Moss.

Parts Used

The lichen (whole) beaten into pulp after being boiled or bruised in mortar.

Quality/Temperament

Cold and dry in first order with astringency/warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Referred as febrifuge, exhilarant, antiseptic, astringent, resolvent, emollient, demulcent (formerly considered more effective) diuretic, sedative, soporific. Externally useful emollient and astringent.

Specific Action

Febrifuge, resolvent, analgesic.

Medicinal Uses

Chharela is traditionally used in diarrhoea, dysentery, dyspepsia, amenorrhoea, dysmenorrhoea, included in febrifuge preparations as cardiacal, stomach and liver tonic as well as in refrigerant tonic preparations which alleviate pain also, in the form of poultice applied to renal and lumbar regions which causes copious flow of urine. As liniment applied to the head in headaches, as incense useful to relieve headache. Powder is applied to promote wound-healing. To resolve inflammations, to strengthen the vision and to alleviate the epiphoric conditions (of primary stage), properly calcined lichen is applied in the eyes. In oils applied on head, hairs or body, it is used to give peculiar fragrance.

Compound Preparations

Basliqun Kabir, Dawaul Misk Har Jawahardar, Dawaul Misk Har Sada, Roghan Surkh, Roghan Kalan, Arq Ambar, Arq Maul Laham Ambari Ba Nushkha Kalan, Lubub Kabir, Ma'jun Jalali, Ma'jun Khadar, Ma'jun Murrawehul-Arwah, Ma'jun Muqawwi Wa Mumsik, Mufarreh Yaquti Mo'tadil.

Dosage

3 to 5 g.

Corrigent

Pimpinella acuminata (Edgew) Clarke (as needed).

Tenedium

Usnea longissima Linn., Conium maculatum Linn. (Kirdamana, Hemlock).

Comments

Long term use may cause some harmful effects on intestines.

Peganum harmala Linn.

Family:	**Zygophyllaceae**
Arabic Name(s):	Harmal, Aspand, Ashqaqil
Urdu Name(s):	Harmal, Ispand, Harmaru, Kisankur, Harmal, Ispandan, Spanda
English Name(s):	Syrian Rue

Parts Used

Seeds.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aphrodisiac, hypnotic, sedative, alterative, antiperiodic, stimulant, emmenagogue, lactagogue and abortifacient. Purges out excess malhumours, also a useful diuretic, expectorant, antiflatulent (for intestines), anthelmintic.

Specific Action

Effective against cold malhumoural (atrabilious) affections e.g. paralysis, sciatica and related nervous disorders.

Medicinal Uses

Harmal seeds are mostly used in aphrodisiac preparations, in asthma and cough to get rid of extra produced phelagmatic matter, in cephalic, nervous disorders like paralysis, insanity, amnesia, sciatica, colic and jaundice to impart heat (functional warmness) to the relevant organs functionally upset to a symptomatically diagnosed state. The seeds are heated with olive oil and the oil is dropped in the ear is useful to relieve hearing problem. Carious teeth and wounds are fumigated (by fumes of burning seeds). Powdered seeds are effective as anthelmintic (tape worms) and in the treatment of intermittent and remittent fevers.

Watery infusion of the seeds is regarded as similarly effective in fevers and in addition given in amenorrhoea, it commences or increases the menstrual flow. Seeds are also taken to relieve indigestion.

Leaves are considered as useful application externally as well as systemically in rheumatism. Juice of the (whole) plant is supposed to drive away infections, therefore sprinkled about the house and room when a child is born, smoke of the burning seeds is supposed to purify the air, fumes possess antiseptic property and are useful against palsy and lumbago. The plant is widespread in desert areas of subcontinent.

Compound Preparations

Ma'jun Ispand Sokhtani, Zimad Kibrit, Ma'jun Raig Mahi, Ma'jun Zanjbil.

Dosage

2 to 4 g. (approximately).

Corrigent

Sikanjbin (Lemon juice preparation) and sour articles (of nutrition).

Tenedium

Ruta graveolens Linn. seeds (Tukhm Sudab).

Comments

May cause headache, colic and griping. Large dose or prolonged use may cause abortion.

Peucedanum grande C.B. Clarke

Family:	**Umbelliferae/Apiaceae**
Arabic Name(s):	Tukhm Gazar Dashti, Jariatah, Jarif
Urdu Name(s):	Doqu, Jangli Gaajar, Buphali, Raaghbel (P. aucheri Boiss.)
English Name(s):	Wild Carrot

Parts Used

Seeds.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Carminative antiflatulent, diuretic, stimulant, resolvent of phlegm and deobstruent, resolvent of inflammations, expectorant, stomachic tonic, aphrodisiac, diuretic and

emmenagogue, lithontriptic, diaphoretic, vermicidal and vermifuge.

Specific Action

Carminative, resolvent, diuretic and emmenagogue.

Medicinal Uses

As carminative, antiflatulent and diuretic Doqu resembles fennel seeds, and also effective against gastric and intestinal disorders. Seeds are administered in diuretic preparations as well as emmenagogue, resolvent of obstructions and stones in kidneys and bladder. Taken with honey act as effective aphrodisiac and is included in electuaries. Being deobstruent and carminative used in stomach and liver affections particularly in ascites. As expectorant of phlegm clears the lungs of excess phlegmatic matter, thus proves useful in productive cough. Applied on the chest it clears phlegm in pleurisy. Seeds are also used as flavouring agent.

Compound Preparations

Mostly it is used as simple in Unani medicine.

Dosage

3-5 g. (approximately).

Corrigent

Cochlospermum religiosum (L.) Alston (Katira) and Gum Acacia.

Tenedium

Apium graveolens Linn. (seeds) and Daucus carota Linn. (seeds).

Comments

Peucedanum aucheri Boiss. is also used in Balochistan.

Phoenix sylvestris Roxb.

Syn.:	Phoenix dactylifera Linn. Phoenix humilis Royle
Family:	**Palmae**
Arabic Name(s):	Tamr, Ratb, Balha
Urdu Name(s):	Khajur, Khurma, Chuhara (Dry), Katal
English Name(s):	Dates

Parts Used

Fruit.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Nutritive, cardiotonic, aphrodisiac, diuretic, nervine tonic, originator of blood, and digestive, restorative.

Specific Action

Nutritive, restorative, tonic, aphrodisiac.

Medicinal Uses

Dates are used in sweet dishes and desserts, as well as (ripe) fruit all over the world. The juice (Sendhi) is cooling and laxative, is administered to patients suffering from tuberculosis. Fruit with boiled milk is useful as restorative tonic and aphrodisiac. Being sedative and nervine tonic usefully employed for backache, and pain in buttocks. Clears the chest of phlegm and is useful for persons with cold temperament. Prescribed in cough, fevers, nervous debility and gonorrhoea. Seeds (powder) and ash are regarded as traditional haemostatic for local (external) wounds, and to assist conditions where local antiseptic treatment is required. Powder of seeds is good for cleansing teeth.

Dried dates (Khurma) are regarded as nutritive tonic and aphrodisiac, get rid of phlegm from the lungs and being calorific (musakhan) is beneficial for individuals with cold temperament.

Extra nutritive and tonic attributes are considered owing to its composition including salts and iron in assimilable form, vitamins A, B and D and free amino acids and monosaccharides.

Compound Preparations

Ma'jun Ard Khurma, Halwai Gazar Maghz Sar-i-Kunjashk-wala.

Dosage

3 to 5 Nos.

Corrigent

Vinegar (Sirka).

Tenedium

Dried dates (Khajur), Vitis vinifera Linn. (Raisins).

Comments

No known toxicity in prescribed doses (or quantity) used for recommended duration. However long-term or large quantities may harm persons with warm temperament.

Phoenix dactylifera Linn. is also referred as poor quality dates in Sindh.

Phyllanthus emblica Linn.

Syn.: Emblica officinalis Gaertn
Family: **Euphorbiaceae**
Arabic Name(s): Amlaj
Urdu Name(s): Amla, Aaonwala, Ambla, Anura
English Name(s): Emblic myroblan, Indian gooseberry

Parts Used

Fruit

Quality/Temperament

Cold in first order, dry in second order.

Functions and Properties (Pharmacological Actions)

Generally the fruit is carminative and stomachic. Fresh fruit is refrigerant, diuretic and laxative, useful in chronic constipation. Dried fruit is stomachic, astringent, antidiarrhoeal. Flowers are cooling and aperient, bark is astringent. It is also regarded as cardiac tonic and hepatoprotective due to vitamin C contents as well as antibilious.

Specific Action

Carminative, diuretic and antiseptic.

Medicinal Uses

Fresh (green) fruits of Phyllanthus emblica Linn. are made into pickles and preserves to stimulate appetite. Effective against palpitation, scurvy, cardiac and stomach debility, for biliousness and blood heat. Its compound preparations (like Jawarish Amla) are effective against tachycardia and liver dysfunction. Dried fruit is useful in diarrhoea and dysentery (with other myrobalans is useful in chronic diarrhoea and biliousness), in habitual constipation a pleasant purgative and of much benefit in palpitation associated with digestive complaints including flatulence, anorexia, dyspepsia etc. Infusion of seeds is given as febrifuge. Leaves with fenugreek leaves are given in watery discharges in diarrhoea. Juice and juice sediments possess anti-oxidant properties.

Compound Preparations

Jawarish Amla, Jawarish Shahi, Itrifal Ustukhudus, Itrifal Aftimun, Itrifal Deedan, Itrifal Zamani, Itrifal Sanai, Itrifal Shahtara, Itrifal Saghir, Itrifal Ghudaddi, Itrifal Fauladi, Itrifal

Kabir, Itrifal Kishmishi, Itrifal Muqil, Itrifal Muqawi Dimagh, Itrifal Mulayyin, Itrifal Mundi, Anoshdaru, Safuf Hazim.

Dosage

3 to 10 g.

Corrigent

Honey and almond oil.

Tenedium

Terminalia chebula Retz. (Halila Siyah) as stomach tonic.

Comments

Nutritious - no known toxicity reported following the use of prescribed doses for recommended duration. Occasionally may produce constipation and colic.

Phyllanthus maderaspatensis Linn.

Family: **Euphorbiaceae**
Arabic Name(s): Bazr-ul-Marw, Sananil, Haleej
Urdu Name(s): Kanocha, Tukhme Rehan Alshayukh
English Name(s): Phyllanthus

Parts Used

Seeds.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Suppurative and attenuant, deobstruent, glutinous, sedative, antidiarrhoeal, antidysenteric, stomach and intestinal tonic, carminative, aperient. Fried seeds are astringent.

Specific Action

Deobstruent, suppurative, stomach tonic.

Medicinal Uses

Systemically administered the seeds, mucilage of Kanocha act as stomach and intestinal tonic, carminative and mild aperient. Fried seeds exert astringent activity thus given in diarrhoea and dysentery. Mucilage mixed in milk (human) and few drops administered in earache with benefit. In case of hard swellings, sores, blind ulcers and inflammations, seeds poultice is applied to cause suppuration and subsides inflammation. Internal administration with other suitable drugs relieves obstruction of the intestines and chest area and evacuates excess humours due to its mild laxative action. In general it acts as safe carminative and relieves

pain caused due to obstructions in the intestines and clear chest of such humoural deposition and therefore prove helpful against cough.

Compound Preparations

Safuf Teen, Marham Dakhliyun.

Dosage

5-7 g. (approximately).

Corrigent

Rumex crispus Linn. or R. vesicarius Linn. (Tukhm Hummaz) and Almond oil.

Tenedium

Ocimum basilicum Linn. (seeds), Lallemantia royleana Benth. (seeds). As deobstruent Linum usitatissimum Linn. seeds (Alsi).

Comments

Common in Sindh during winter seasons. Frequent smelling may cause headache. Seeds are polished triangular of a grey colour, marked beautifully with delicate dark brown lines like basket work, when soaked in water they immediately become thickly coated with a semi-opaque mucilage, the kernel is oily and has a sweet nutty taste.

Physalis alkekengi Linn.

Family: **Solanaceae**
Arabic Name(s): Kaknaj, Habul Kaknaj
Urdu Name(s): Kaknaj, Arus Dar Pardah, Panir, Papotan
English Name(s): Strawberry Tomato, Alkekengi

Parts Used

Fruit and leaves.

Quality/Temperament

Cold and moist in second order.

Functions and Properties (Pharmacological Actions)

Diuretic, alterative, resolvent, anthelmintic, laxative, contraceptive, root astringent, antidiarrhoeal, lithontriptic, cholagogue. Fresh leaves repercussive, root antidiarrhoeal.

Specific Action

Diuretic, cholagogue, lithontriptic, remedy for gout, anaemia and rheumatism.

Medicinal Uses

Kaknaj berries are reported to be useful fruit for patients of diabetes with complaints of pain in joints and general debility. As diuretic and urinary antiseptic it is administered in kidney and bladder disorders particularly the obstructions produced or pus in urine, and in gonorrhoea and gleet. It effectively gets rid of kidney and bladder stones. Being cholagogue it is effective against liver debility, loss of appetite and burning sensation in the stomach and corrects liver function which is disturbed due to common inflammatory diseases. Also administered in pills for treating haemoptysis, dropsy, anaemia, gout, arthritis and rheumatism. Fresh leaves in the beginning of inflammations if applied in paste act as repercussive. Berries paste resolves hard swellings and inflammations. Its continuous use for prescribed period following menstruation prevents conception. As astringent, root is useful in diarrhoea and dysentery as well as bruised and applied as paste over ulcers and chronic wounds it proves useful.

Compound Preparations

Qars Kaknaj, Tiryaq-i-Masana, Hab Momiyai Sada, Ma'jun Jalinus Lului, Ma'jun Hajral-Yahud, Ma'jun Sang-e-Sari Mahi, Ma'jun 'Aqrab.

Dosage

5 to 7 g. (approximately).

Corrigent

Rose petals sweet preserve (Gulqand).

Tenedium

Solanum nigrum Linn. (Mako/Anb as-S'alab).

Comments

Physalis minima Linn. and P. minima var. indica (R. & S.) Clarke are considered as substitute for alkekengi. This plant is of historical significance and was known to the Greeks, Romans, Hindus and Arabs as effective against urinary disorders (particularly of urinary bladder). Under prescription the use of berries following menstruation prevents conception. Large doses are referred as narcotic. The fruit is therefore considered as easily assimilable so as to highly enrich the blood.

Picrorhiza kurrooa Royle ex Benth.

Family: **Scrophulariaceae**
Arabic Name(s): Kharbaq-Hindi, Tanbub Sharqi
Urdu Name(s): Kutki
English Name(s): Picrorhiza

Parts Used

Root.

Quality/Temperament

Warm and dry in second order/warm and dry in third order (Kabiruddin).

Functions and Properties (Pharmacological Actions)

Antibilious, cholagogue, digestive, bitter, pungent, aperient, anthelmintic, antiasthmatic, antiphlegmatic and antiperiodic, antispasmodic, emmenagogue, in large doses emetic and abortifacient.

Specific Action

Antibilious, hepatoprotective, bitter antispasmodic.

Medicinal Uses

Picrorhiza is regarded as a favourite remedy in bilious dyspepsia accompanied by fever and is administered in decoction with liquorice, raisins and Melia azadirachta Linn. (Neem) bark. Combined with aromatics given to alleviate dyspepsia and dysentery, loss of appetite, to mobilize bile into the digestive system, to improve the peristaltic movement of the intestines and to improve liver function, often prescribed to get rid of worms from alimentary canal in children. Powdered root in warm water sweet syrup in recommended doses acts as gentle aperient. In dropsy and chronic persistent bilious fevers, the powdered root alone or powdered root with neem bark proves effective antiperiodic. In liver affections and to relieve general digestive debility administered as powerful bitter tonic and administered with aromatics. It is also beneficial for relieving symptoms of costiveness, constipation, fever in elephantiasis and malaria. Use of single drug is considered clinically active for improving total bilirubin levels to treat effectively infective hepatitis with jaundice and as hydrocholeretic agent, as well as bringing sick liver cells back to their normal condition.

Compound Preparations

Hab Atishak, Ma'jun Jograj Gugal.

Dosage

2 g.

Corrigent

Pistacia lentiscus Linn. (Mastagi) and Almond oil.

Tenedium

Gentiana kurrooa Royle (Indian Gentian).

Comments

Picrorhiza kurrooa Royle is frequently used either as an adulterant or as substitute for G. kurroo (Gentianaceae). Both the drugs are available under the name Kutki. Both the drugs are found at the altitude of 3000-4000 ft. (e.g. Kashmir: Pahlgam, Neelam Valley, etc.).

Pimpinella anisum Linn.

Family: **Umbelliferae/Apiaceae**
Arabic Name(s): Anisun
Urdu Name(s): Anisun, Sonf Rumi
English Name(s): Anise

Parts Used

Fruit, seeds, oil.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Seeds are aromatic, stimulant, carminative, stomachic, antispasmodic (slightly expectorant), emmenagogue (galactagogue), aromatic, demulcent. Essential oil is much valued as aromatic, stomachic, and carminative (the oil of Anise resemble oil of Fennel in that it consists almost mainly of anethol).

Specific Action

Carminative and flavouring agent.

Medicinal Uses

Seeds of Anise are diuretic and carminative, and used to prevent flatulence and colic. Oil is much valued as flavouring agent, has carminative properties. It is mild expectorant and is an ingredient of cough lozenges in combination with liquorice. The herb extract (or oil) if dropped in the ear after being ground in rose oil, cures the laceration of the inner ear which is due to shock or hurt, and is useful in otitis and vascular keratitis of the eye even in chronic state. It is

referred as a lactagogue and expels the thirst due to saltish humours. It removes scybola from the liver and spleen and also acts as emmenagogue. Removes white humour (must be the white fluid) from the uterus, is an aphrodisiac and astringent or improves astringency.

Locally the oil is applied to head in headache and to the abdomen in flatulence and intestinal colic. Anise water is similar in action as anti-spasmodics. Seeds are useful in bowel complaints as well as in bronchial catarrh. Seeds (pods) form a reliable remedy for dyspepsia, relieve flatulence, indigestion, colic in children and to diminish the griping of purgatives.

Compound Preparations

Jawarish Ood Shirin (Aquilaria agallocha Roxb.), Dawa ul-Kurkam, Hab-e-Shabyar, Arq Ambar, Itrifal Ghudaddi, Jawarish Shehryaran, Hab-i-Ayarij, Hab Suranjan, Safuf Namak Sulaimani, Sherbet Bazuri Har, Sherbet Mushil, Ma'jun Jalinus Lului, Ma'jun Sang-e-Sar-i-Mahi, Ma'jun Murrawehul-Arwah.

Dosage

2 to 5 g.

Corrigent

Sikanjbin (Lime juice), Foeniculum vulgare Mill. (Badiyan).

Tenedium

Foeniculum vulgare Mill., Anethum greveolens Linn. seeds (Tukhm Soya).

Comments

May cause headache in warm tempered individuals.

Pinus roxburghii Sargent.

Syn.:	Pinus longifolia Roxb. ex Lamb. non Salisb.
Family:	**Pinaceae**
Arabic Name(s):	Qanah, Sanober Asghar, Sanober Asmanri
Urdu Name(s):	Behroza, Barzad, Barzo, Cheer, Ganda behroza
English Name(s):	Oleo-resin, Pine

Parts Used

Oleo-resin.

Quality/Temperament

Warm and dry in third order/warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Calorific, resolvent of inflammation, laxative, carminative, desiccative (for ulcers), active against phlegmatic and nervous disorders, expectorant and purgative of phlegm, diuretic and emmenagogue, expellant of dead foetus and placenta, vermifuge.

Specific Action

Resolvent of inflammations, hard swellings and ulcers, and as emmenagogue.

Medicinal Uses

The oil and oleo-resin of Pine is used as stimulant, diuretic in gleet and gonorrhoea in pills as well as the wood in powders. The oil is effective against ulcers and abscesses in ointments. It acts as vermifuge for the chronic ulcers in which insects appear, it is useful fumigation in scrofula, and dries the affected sites, wounds and ulcers, produces fresh cells and helps formation of skin over the healing parts of the body. The oleo-resin resolves the scrofulous glands and heals them when applied locally, employed in chronic bronchitis, phthisis, and as plaster over painful chest and enlarged liver. As corrosive application and as pessary successfully employed to resolve uterine inflammations and swellings, for bringing the menses and for expelling the dead foetus and placenta. Purified oleo-resin has the property of healing ulcers in kidneys and urinary bladder and the oil with sugar (in one gram dose) is useful against tuberculosis, phthisis and bronchitis.

Compound Preparations

Zamad Jalinus, Marham jadwar, Marham Ral, Marham Zangar, Musaffi-i-Rehem, Marham Safaid, Marham Rusul.

Dosage

1 to 2 g. (approximately).

Corrigent

Viola odorata oil and Camphor.

Tenedium

Sakbinaj (gum of Ferula persica Willd. N.O. Umbelliferae).

Comments

Described as harmful for individuals having warm temperament (if used in large doses or for long duration).

Piper betel Linn.

Family: **Piperaceae**
Arabic Name(s): Wara Tumbul
Urdu Name(s): Pan, Tanbol
English Name(s): Betel leaf

Parts Used

Leaves and root.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Stimulant, carminative, astringent, exhilarant and cardiac tonic, valuable stomachic and febrifuge, calorific, resolvent, demulcent, antiphlegmatic, masticatory and sialagogue, tonic for oral cavity as a whole and assists digestion. Produces a primary stimulation of the central nervous system followed by inebriation (in people who are not habitual). In local application the leaves are resolvent, stimulant and counter- irritant.

Specific Action

Masticatory, carminative, cardiac tonic, stimulant, resolvent, counter-irritant.

Medicinal Uses

Pān (betel) leaves with some other traditionally accustomed ingredients are habitually used by large population in Asia. Being aromatic stimulant, masticatory and sialagogue drives away dryness and gives specific aroma to breath, strengthens the gums and is effective against inflammations and ulcers of the gums. In inflammations of kidneys and in thirst which is due to diabetes it is useful. Having calorific properties, impart strength to stomach and renders expectorant effects in cough, asthma and bronchitis, in hoarseness of voice which is due to cold it proves useful especially when taken with liquorice. Warm leaves dipped in oil and bandaged over the ulcers, swellings and inflammations it resolves such inflammations and relieves infants and childrens cough when applied over the chest. In headache due to cold, liver inflammations, testes inflammations and on inflamed glands if tied continuously it proves useful. Roots with black pepper has been referred to possess antifertility activities. Root is chewed by singers to improve voice.

Compound Preparations
Arq Tanbol, Arq Faulad.

Dosage
1 g.

Corrigent
Elettaria cardamomum Maton.

Tenedium
Caryophyllus aromaticus Linn. (Qaranful).

Comments
Root possess antifertility activities.

Piper cububa Linn.

Family: **Piperaceae**
Arabic Name(s): Filfil Zulzanb, Kababat as Sainiyah
Urdu Name(s): Kabab Chini, Kankol, Sital-Chini
English Name(s): Cubebs

Parts Used
Fruit (like black pepper but smooth).

Quality/Temperament
Warm and dry in second order.

Functions and Properties (Pharmacological Actions)
Stimulant and aromatic against malodour in mouth, refrigerant, deobstruent, resolvent, stomach tonic, carminative, tonic for gums and teeth, useful against hoarseness of voice, diuretic and emmenagogue, aphrodisiac stimulant and effective in inflammations of the genito- urinary mucous membranes.

Specific Action
Detergent, antiseptic, anti-inflammatory for genito-urinary and upper respiratory mucous membranes.

Medicinal Uses
Being refrigerant and deobstruent Cubebs are used in liver, spleen, and urinary obstructions and powder and decoction as diuretic and emmenagogue. In gleet and gonorrhoea for cleansing and procuring antiseptic effects cubebs are administered as simple (single product) or in compounds recommended for the purpose. Infusion made in a cup of water with 3-grams powdered cubebs kept overnight and taken in the morning for 3-4 days proves effective against

the irritative and infective states of the urinary tract particularly useful for cystitis and other like conditions of the ureters. Cold and moist nutrition must be given to the patient during treatment. Included in tooth powders, gargles and mouth washes to strengthen the gums and teeth. It drives away malodour from mouth. With honey it is effective against cough and hoarseness of voice, it produces tension of the vocal cords and clear the throat of tenacious mucous. This treatment is of good service in bronchitis, laryngitis and against vaginal discharges and leucorrhoea.

Compound Preparations

Safuf Shora Murrakab, Jawarish Zar'uni, Safuf Shora Qalmi, Jawarish Zar'uni Ambari Ba Nuskha Kalan, Jawarish Mastagi Kalan, Hab Hiltit, Zarur Chhalon wala, Safuf Andari Julab, Safuf Sandal, Sunun Kalan, Arq Maul Lahm Ambari Ba Nuskha Kalan, Lubub Saghir, Lubub Kabir, Ma'jun Shir Bargadhwali, Ma'jun Ushba, Ma'jun Nisyan.

Dosage

1-3 g. (approximately).

Corrigent

Santalum album Linn. (White Sandal), Rosa damascena Mill. (Gulab) and Pistacia integerrima Stew ex Brandis (Kakra Singi).

Tenedium

Elettaria cardamomum (L.) Maton, Cinnamon and Ammomum subulatum Roxb., Piper nigrum Linn.

Comments

On the respiratory tract it exerts vasodilator action whereas on the urogenital organs it has stimulant action in recommended doses.

Piper longum Linn.

Family:	**Piperaceae**
Arabic Name(s):	Dar-Filfil
Urdu Name(s):	Piplamul, Pipal Kalan, Filfil Daraz, Mughan, Pipri
English Name(s):	Long Pepper, Dried Catkins

Parts Used

Fruits and root.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Stomach tonic, astringent, carminative, stimulant, calorific, resolvent, detersive, aphrodisiac, antiflatulent, abortifacient, alterative tonic, diuretic, vermifuge, emmenagogue, rubefacient, removes cold affections, antinauseant, antiepileptic, expectorant.

Specific Action

Stomach tonic, astringent, calorific, effective against cold affections.

Medicinal Uses

The fruit of Piper longum Linn. is much used as a spice. It is a common ingredient of astringent decoction administered in diarrhoea and indigestion. Powdered long pepper administered with honey relieves cold and cough, asthma, hoarseness and hiccup. With root of long pepper, black pepper and ginger it is a useful remedy for catarrh and hoarseness. It is also effective against colic, flatulence, cough, bronchitis and coryza. With Adhatoda leaves, sugar, butter and honey, long pepper is successfully used to treat asthma and as a good expectorant. A linctus is also made with suitable ingredients for children having cough and catarrhal fever with difficult breathing. Also made into pills acts as valuable alterative tonic in paraplegia, bronchitis, emphysema, enlargement of spleen and abdominal viscera. Oil containing ginger and long pepper is useful as rubefacient applied in sciatica and paraplegia. The oil is rubbed externally in sciatica, rheumatism, lumbago etc. With goat's liver the fruits are kept over fire and the water obtained is applied for epiphora and pterygium (after calcination). Given to women after parturition to check haemorrhage and to control fever and administered as best vermifuge remedy for colic in children. With Embelia ribes Burm., Asafoetida, Piper betel, Abrus precatorius Linn. made into dry extract administered for 20 days (4-doses) produces contraceptive action remains effective for four months.

Compound Preparations

Jawarish Jalinus, Jawarish Zaruni, Ma'jun Filasfa, Itrifal Fauladi, Anqaruya-i-Kabir, Basliqun Kabir, Hab Asgand, Jawarish Basbasah, Jawarish Safar Jali Qabiz, Jawarish Ood Shirin, Jawarish Filafali, Hab Hiltit, Safuf Longa, Ma'jun Izaraqi, Ma'jun Khadar.

Dosage

1-2 g. (approximately).

Corrigent

Gum Acacia, Santalum album Linn., Rosa damascena Mill.

Tenedium

Piper album and Zingiber officinale Roscoe.

Comments

May cause headache if used for long-term or in large quantities.

Piper nigrum Linn.

Family: **Piperaceae**
Arabic Name(s): Filfil Aswad
Urdu Name(s): Filfil Siyah, Kali Mirch, Gol-Mirch
English Name(s): Black Pepper

Parts Used

Fruit (dried unripe).

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Stimulant (particularly of the taste buds), sialagogue, carminative, stomachic, alterative (antiperiodic and rubefacient), febrifuge and appetizing. Piperine, the active component is referred as antipyretic (antiperiodic), emmenagoguge, detersive and rubefacient.

Specific Action

Digestive tonic (carminative), alterative (effective against phlegmatic disorders).

Medicinal Uses

Black pepper is well known throughout the world as a culinary spice and condiment. It is prescribed in cholera, dyspepsia, flatulence, diarrhoea and various gastric ailments. An infusion of black pepper (1 in 80) forms a useful stimulant gargle in relaxed sore-throat and related hoarseness and in toothache as a paste with water externally applied gives relief. In intermittent fever and flatulent dyspepsia about 15 grams recommended (when boiled overnight in a little water, cooled and used in the morning). Treatment is recommended for 7 days. Confection of the pepper proves useful in relaxed conditions of rectum attended with prolapsus.

As detersive, absorbent and rubefacient, the drug is applied over patches in vitiligo and leucoderma, also messaged over

the painful parts for its analgesic action. With gum (of fir/zift) applied over blind ulcers to resolve them, also gives relief when applied over inflammations of phlegmatic origin. With raisns (muwaiz) chewed to stop unwanted secretion of cephalic origin. Applied externally over the spleen (region) with acetic acid and to resolve inflammations. For tonifying the digestive organs included in Jawarish Jalinus, Jawarish Kamuni and like formulations. With honey given as linctus for phlegmatic cough and asthma. Included in preparations comprising cold drugs (as corrective).

Compound Preparations

Jawarish Kamuni, Jawarish Jalinus, Tutiya-i-Kabir, Maltibasant, Barshe'sha, Jawarish Tamr-Hindi, Anqaruya-i-Kabir, Tiryaq-i-Samani, Jawarish Safar Jali Qabiz, Hab Kabid Naushadri, Jawarish Filafali, Carmina, Jawarish Kamuni Akbar, Jawarish Mastagi Kalan, Hab Azraqi, Hab Papeeta, Hab Fauladi, Hab Maghz Badam, Sherbet Nankhwah, Arq Faulad, Ma'jun
Baladur, Ma'jun Khadar.

Dosage

350 mg. - 1.25 g. (approximately).

Corrigent

Oils, honey.

Tenedium

Zinjabil (Zingiber officinale Rosc.), decorticated black pepper (which is identified as white pepper), Piper cubeba Linn.

Comments

Described as harmful for individuals with warm temperament and for those suffering from pharyngeal disorders.

Pistacia integerrima J.L. Stewart ex Brandis

Syn.:	Pistacia chinensis Bge. ssp. Integerrima (J.L.S.) Rech. f., Rhus integerrima Wall.
Family:	**Anacardiaceae**
Arabic Name(s):	Martah
Urdu Name(s):	Kakra Singhi, Somak
English Name(s):	Pistacia galls

Parts Used

Galls (horn-like hollow).

Quality/Temperament

Warm in first order, dry in second (Kabiruddin)/ Warm in first order, dry in the third (Muzaffar Awan).

Functions and Properties (Pharmacological Actions)

Stomach tonic, expectorant, antiasthmatic, astringent, desiccative of humours, antihaemorrhagic, antifever (relieving fever).

Specific Action

Effective against cough, asthma and whooping cough.

Medicinal Uses

The horn-like galls being specific type of excrescence on the leaves petioles and branches of Pistacia integerrima Stewart ex Brandis as well as on Rhus succedanea Linn. These galls are considered to be useful in pulmonary affections, diarrhoea and vomiting. With some useful ingredients, galls powder is effective in catarrhal fever with difficulty of breathing. With honey it is effective in cough, phthisis, asthma, fever, to initiate appetite, to relieve irritability of the stomach and irritative conditions of the respiratory tract. Combined with demulcents, aromatics and astringents it is much effective in diarrhoea (due to large quantity of tannins approximately 60% and gum mastic @5.0%). The galls, Aconitum (Atees) and long pepper in equal quantity powdered and made as linctus in honey in dose of 60-300 mg has been considered as of much value in cough and bronchial troubles in children, in infantile diarrhoea and gastro-intestinal troubles during teething. Being desiccative also administered in the form of decoction or lotion as gargle to suppress haemorrhage from the gums, also to stop bleeding from the nose (in epistaxis), discharges from mucus membranes (such as gleet and) in leucorrhoea.

Compound Preparations

Tiryaq Zeequn Nafs, Zimad Jalinus.

Dosage

1 to 2 g. (approximately).

Corrigent

Gum of Indian Tragacanth (Katira) and gum Acacia.

Tenedium

Asl as-Soos (Glycyrrhiza glabra Linn.).

Comments

A web-like structure is found in this horn-like hollow galls, it is better to remove this substance before using the product.

Considered as harmful to the patients suffering from any liver ailment.

Pistacia lentiscus Linn.

Family: **Anacardiaceae**
Arabic Name(s): Mistaka
Urdu Name(s): Mastagi, `Alik Rumi, Kundar Rumi
English Name(s): Mastic, Mastich

Parts Used

Resin.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Stimulant and diuretic, tonic (restorative) for stomach and liver, carminative, demulcent, resolvent of inflammations, absorbent (of catarrh) for the internal organs, astringent, styptic, antiflatulent, appetitive, aphrodisiac, tonic for urogenital organs, expectorant.

Specific Action

Diuretic, emmenagogue, restorative tonic, absorbent (of waste humours and catarrhs).

Medicinal Uses

Mastich has been used as a masticatory to sweeten the breath and to preserve teeth and gums. It has been considered carminative and astringent and its decoction is extensively employed in infantile diarrhoea. Cotton swab with Mastich in alcoholic solution introduced into carious tooth is useful in relieving toothache and to provide their temporary filling. It enters into the preparation of various Unani products, perfumes and incenses. Being an effective absorbent and styptic, administered for the purpose of arresting unwanted secretion of humours and bleeding. Effective in haemoptysis, toothache and bleeding from the gums. Being demulcent and expectorant, useful against cough and to clear the wind-pipe of obstructions. It is interesting to note that Mastagi acts as laxative for phlegm when used with polyporous, with aloe as laxative for biliousness and with triphala (halilajat) as laxative of atrabile. Useful detersive for face abnormalities of skin and included in cosmetics to remove freckles and spots (as Ubtan).

Compound Preparations

Jawarish Mastagi, Jawarish Jalinus, Jawarish Qurtum, Jawarish Kamuni Kabir, Jawarish Mastagi Sada, Hab Haltit, Hab Saqmuniya, Hab-Mumsik Ambari, Safuf Muallif, Sunun Muqawwi Dandan, Qurs Tabashir Qabiz, Ma'jun Jalinus Lului, Hab-e-Amber Momiyaie, Dawaul-Misk, Ma'jun Nisyan, Ma'jun Jiryan Khas, Ma'jun Chob Chini, Ma'jun Nankhwah Mushki, Mufarreh Yaquti Mo'tadil, Naushdaroo-i-Saada, Jawarish Amla Ambari Ba Nuskha Kalan, Jawarish Anarain, Jawahir Mohra, Ayarij Fiqra, Hab Saqmuniya, Hab Suranjan, Hab-e-Lub al-Khashkhash, Hab Marwaridi, Safuf Khas, Safuf Kalan, Arq Maul Lahm Ambari Ba Nuskha Kalan, Qurs Humma Jadid, Ma'jun Izaraqi, Ma'jun Talkh.

Dosage

1-2 g. (approximately).

Corrigent

Vinegar.

Tenedium

Mentha arvensis Linn. (in its resolvent action), Dar chini (Cinnamomum zeylanicum Blume). in other actions and benefits.

Comments

Described as harmful for patients suffering from anal ailments, may produce bloody urine and dermatitis.

Pistacia mutica Fisch. and Mey.

Syn.:	Pistacia cabulica Stocks., Pistacia terebinthus var. mutica Aitch. Pistacia atlantica var. cabulica (F. and M.) Zohary Pistacia khinjuk Stocks Pistacia acuminata Boiss. var. oblonga Bornm. Pistacia acuminata Boiss. var. heterophylla Bornm. Pistacia acuminata Boiss. var. populifolia Boiss.
Family:	**Anacardiaceae**
Arabic Name(s):	Habul Batam, Aftantiyus, Batm Saqrah
Urdu Name(s):	Habul Khazra
English Name(s):	Mastich

Parts Used

Gum Mastich.

Quality/Temperament

Warm and dry in third order, warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Stimulant, diuretic, tonic for stomach and liver, carminative, demulcent, resolvent of inflammations, absorbent of catarrh from internal organs, astringent, styptic, antiflatulent, appetitive, aphrodisiac, tonic for urinary system and reproductive organs.

Specific Action

Diuretic, restorative, absorbent.

Medicinal Uses

Habul Batam has also been used especially as a masticatory, to sweeten the breath and prevent teeth and gums. It is regarded as carminative and astringent and its decoction is utilized in infantile diarrhoea. Cotton swab saturated in some suitable solution containing the drug introduced into carious tooth is successful in relieving toothache and their temporary filling. Administered for the purpose of arresting unwanted secretion of humours and bleeding, due to its absorbent action. Effective in haemoptysis, toothache and bleeding from the gums. Being demulcent and expectorant, useful against cough and to clear the wind pipe of obstructions.

Compound Preparations

Lubub Kabir, Lubub Saghir, Hab-e-Amber Momyaie, Dawa-ul-Misk, Jawarish Amlalului Masihul Mulkwali, Jawarish Anarain, Jawarish Kamuni Kabir, Jawarish Mastagi Sada, Jawarish Mastagi, Safuf-Khas, Safuf-Kalan, Safuf Muallif, Hab Mumsik Ambari, Hab Marwaridi, Jawahar Mohra, Ayarij Fiqra, Hab Haltit, Hab Saqmuniya, Hab Shabyar, Hab Lub-ul- Khaskhash, Qurs Humma Jadid, Qurs Tabashir Qabiz, Ma'jun Nisyan, Sunun Muqawi Dandan.

Dosage

3 to 5 g.

Corrigent

Banafsha (Viola odorata Linn.), Vinegar, Katira (Cochlospermum religiosum (L.) Alston), Gulab (Rosa damascena Mill.).

Tenedium

Mentha arvensis Linn. (Podina) (in its resolving action), Pistah, (Pistachio) and Akhrot (Walnut).

Comments

Described as harmful in case of use by individuals suffering from anal ailments, may produce bloody urine and dermatitis.

Pistacia vera Linn.

Family: **Anacardiaceae**
Arabic Name(s): Mistaka, Fustuq, Samar ash-Shajarah
Urdu Name(s): Pistah, Fastaq, Pista
English Name(s): Pistachio Nut

Parts Used

Pistachio Nut and its peel (seed and testa).

Quality/Temperament

Pericarp moist in first order and epicarp cold and dry in second order.

Functions and Properties (Pharmacological Actions)

The fruit (seed) with somewhat terebenthinate flavour is nutritious and nourishing, have sedative and tonic properties particularly for heart and brain. It is regarded as a sexual tonic, fattening and expectorant.

Fruit peel (testa) has expectorant action particularly for phlegmatic cough, cardiac and digestive tonic, sedative in vomiting and nausea, is astringent and effective against hiccup.

Specific Action

Fruit - cardiac, brain, and sexual tonic (aphrodisiac). Fruit peel - expectorant, antinauseant, astringent.

Medicinal Uses

Pistachio nuts are sweet and agreeable and used as food (or dry fruit) being very wholesome and nourishing. They enter into the composition of certain confections, desserts, and in many household items of kitchen for flavouring. Included in aphrodisiac confections, to relieve kidney and general debilitating conditions, useful in coughs and eases expectoration.

Fruit peel (testa - Qishr al-Fustuq) is regarded as astringent for gums, cardiac, stomach tonic, sedative for vomiting and effective against aphthae of the mouth, relieves vomiting (and emesis) and hiccup. In syrup added in dose of 3-5 gm (approximately) to relieve diarrhoea. Oil of Pistachio is regarded as demulcent and may be used as substitute for almonds oil.

Compound Preparations

Lubub Kabir, Ma'jun Supari, Jawarish Amla, Arq Amber, Jawarish Amla Ambari ba Nuskha Kalan, Hab Amber Momiyiae, Hab Gule Pista, Halwai Sa'lab, Halwai Gazar Maghz Sari Kunjashkwala, Roghan Pista, Roghan Lubub Suba, Qurs Tabashir Qabiz, Lubub Saghir, Lubub Kabir, Ma'jun Arad Khurma, Ma'jun Panba Dana, Ma'jun Raig Mahi, Ma'jun Sangdana Murgh, Ma'jun Murawehul-Arwah, Ma'jun Muqawi wa Mumsik, Muffareh Azam, Mufarreh Dilkusha.

Dosage

Seed 6 g., testa 3 g.

Corrigent

Prunus bokhariensis Schn. (Alu Bukhara), Prunus armeniaca Linn. (Khubani) and lemon juice (Sikinjabin), Hedysarum alhagi Linn. (Turanjbin).

Tenedium

Almonds.

Comments

Traditionally used in many forms raw and ripe, in sweet dishes, ice cream and snacks - it is nutritious and has no particular side effects, but harmful while individual suffer from chronic ailments. Testa is regarded as constipatory (may be due to its astringent action).

Plantago ovata Forssk.

Syn.:	Plantago decumbens Forssk. Plantago ispaghula Roxb.
Family:	**Plantaginaceae**
Arabic Name(s):	Lisan al-Hamal
Urdu Name(s):	Ispaghul, Ispango, Khardanick, Shkampara, Sangpara, Barhang
English Name(s):	Spogel (seeds), Plantain

Parts Used

Seeds and husk.

Quality/Temperament

Cold and moist in second order.

Functions and Properties (Pharmacological Actions)

Mucilaginous (glutinous), laxative, cooling, demulcent, emollient, some microstatic effects on intestinal micro-organisms are also attributed to the seeds and husk. As simple decoction seeds and husk are referred abundantly as

refrigerant and mildly astringent. Generally the plants are also regarded as lubricating, resolvent, local anaesthetic and anti-inflammatory.

Specific Action

Glutinous, laxative

Medicinal Uses

In febrile conditions, catarrhal and renal affections, Ispaghul seeds (husk) have been found serviceable, their chief use is in the treatment of chronic constipation; amoebic and bacillary dysentery and diarrhoea due to irritative conditions of gastro-intestinal tract. Its preparations are given after colostomy to assist the production of a smooth, solid faecal mass. A decoction of seeds is prescribed in cough and cold and the crushed seeds made into poultice applied to rheumatic and glandular swellings. It relieves constipation mechanically by forming bland mucilage which in general possesses the mucilaginous properties, therefore during its passage through intestine, exerts soothing and protective action as demulcent, emollient and lubricant. Seeds in the form of infusion are of value in urethritis, relieve burning sensation accompanied in the disease. An oral hydrophilic colloid derived from seeds (reported to) depress serum cholesterol (9%) below of control.

Compound Preparations

Dayaquza, Laooq Ab Naishakarwala, Laooq Bihdana, Marham Dakhliyun, Sherbet Arzani, Qurs Tabasheer Kafuri.

Dosage

3 to 10 g.

Corrigent

Honey and lemon juice (Citrus limon Linn.).

Tenedium

Pyrus cydonia Linn. (Bihdana) to produce emollient and cooling effect.

Comments

Macerated seeds may produce some toxicity internally. Excesive use may slow down appetite and digestive activity.

Plumbago zeylanica Linn.

Family: **Plumbaginaceae**
Arabic Name(s): Shetraj, Askanlandi, Askankandi
Urdu Name(s): Cheeta, Chitraka, Chitrak
English Name(s): Lead wort

Parts Used

Root and bark.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Digestive and carminative, stimulant of central nervous system, irritant, antiseptic, sudorific. Externally detergent, refrigerant, resolvent, large doses may cause paralysis, respiratory failure and death.

Specific Action

Useful counter-irritant and detersive for skin disorders.

Medicinal Uses

The root of Plumbago zeylanica Linn. having bitter and pungent taste exerts detersive and counter-irritant action and in paste with milk, vinegar or salt may be applied in leprosy and other obstinate skin ailments, scabies, unhealthy ulcers etc. Applied on abscesses with the object to open them. Milky juice with other types of latex is useful caustic. Applied on sites affected with rheumatic pain and to resolve enlargement of spleen. Internally administered in powders or pills. It has beneficial effects on piles, chronic and muscular rheumatism and other painful affections of joints. With Centella asiatica (L.) Urban. and Acorus calamus Linn. useful against epilepsy, hysteria, mania, paraplegia, it acts as alterative and tonic in such disorders, in leucorrhoea, and in baldness. Internally it acts as irritant, produces peristaltic movement in the intestines, exerts calorific and stimulant actions on the genito-urinary organs. Administered to procure useful effects in dyspepsia, piles, anasarca, diarrhoea, flatulence etc. It acts as useful alterative in intermittent and periodic fevers. In very small dose kept in mouth and used as masticatory it resolves the phlegm from upper respiratory tract and clears the voice. As aphrodisiac stimulant and abortifacient it finds extensive uses in desired preparations.

Compound Preparations

Ma'jun Filasfa, Ma'jun Jograj Gugal, Itrifal Aftimun, Itrifal Ghudaddi, Anqaruya-i-Kabir, Jawarish Shehr Yaran, Hab Ashkhar, Ma'jun Baladur, Ma'jun Juzam, Ma'jun Khubsul-Hadid, Ma'jun Raig Mahi, Ma'jun Suranjan, Ma'jun Finjnosh, Ma'jun Kalkalanj.

Dosage

1 g.

Corrigent

Pistacia integerimma Stewart ex Brandis, Gum Acacia.

Tenedium

Valeriana officinalis Linn., Rubia cordifolia Linn., Curcuma zedoaria Rosc. (Narkachur).

Comments

In large doses may cause abortion. Root is powerfully toxic and great care is required for internal administration. Plumbago rosea Linn. is also regarded as possessing similar medicinal attributes particularly as vesicant, in some instances this species is regarded as more active. Unnecessary use of this natural product in large doses or continuous application over the body produces sores.

Polygonum bistorta Linn.
Polygonum viviparum Linn.

Family: **Polygonaceae**
Arabic Name(s): Anjbar, Filfilul Maa,
Urdu Name(s): Anjbar, Angbar
English Name(s): Vivaparous bistort

Parts Used

Root, rhizome, seeds.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Astringent and digestive tract antihaemorrhagic (styptic) tonic for stomach and intestines, antibilious, biliary sedative, febrifuge (against blood heat or excessive fermentation).

Specific Action

Astringent, (antihaemorrhagic) useful against bloody stools and dysentery, bloody discharge in leucorrhoea.

Medicinal Uses

To arrest internal haemorrhages, Anjbar is a useful astringent and styptic. The seeds are considered to have diuretic action. As febrifuge it is regarded as an excellent remedy for chronic diarrhoea, as a valuable article in capillary bronchitis, and whooping cough. Mixed with gentian given as root decoction in malaria, chronic diarrhoea and lithiasis. The root is also used against haematuria and where pus is present internally. Also effective against tuberculosis and phthisis and relevant lung affections. Being antibilious useful against nausea and vomiting and traditionally has been used to stop haemorrhage from surgical sites in body and to clean them. The root in variable composition is effective against bloody piles and menorrhagia (The very closed species P. aviculare = Bijband has also somewhat similar attributes).

Decoction is used in gleet and leucorrhoea and as excellent gargle in relaxed sore throat and spongy gums and as an effective lotion for ulcers.

Compound Preparations

Sherbet Anjubar (Polygonum aviculare Linn.), Safuf Istehazah, Ma'jun Bawasir, Ma'jun Hamal Ambari Alvi Khani.

Dosage

5 to 7 g.

Corrigent

Zinjibeel (Zingiber officinale Rosc.), honey.

Tenedium

Habul Aas (pills of Myrtus communis Linn.).

Comments

Its astringent property is regarded as safe, therefore may be used as internal styptic against any organ where haemorrhage occurs, also effective against simple or chronic diarrhoea/dysentery. Described as harmful (in large doses or prolonged duration) for individuals with cold temperament. Polygonum viviparum Linn. is also used in some areas of Northern region instead of P. bistrota Linn.

Polypodium vulgare Linn.

Family:	**Polypodiaceae**
Arabic Name(s):	Saqibul Hijr, Tashtiwan, Aghrasul Kalb
Urdu Name(s):	Bisfaij, Mustaqi
English Name(s):	Common Polypody

Parts Used

Root.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aperient, alterative, deobstruent, purgative for phlegm and atrabile, carminative, cholagogue.

Specific Action

Aperient, purgative for phlegm and atrabile.

Medicinal Uses

In Unani medicine common polypody is used as aperient, deobstruent and alterative combined with myrobalans and fumitory, considered to act as an expellant of all kinds of excess malhumours particularly in black bile and phlegmatic disorders for example asthma, leprosy, epilepsy, melancholia, rheumatism and pain in arthritis. It is valued to dry the piles and drive them off. With vinegar bruised and applied over the spleen it is useful to get rid of inflammation and pain in the organ. As it acts as purgative of atrabile thus proves useful as exhilarant and cardiac tonic. Relieves colic, and flatulence and is a component of several traditional compound remedies prescribed as aperient and alterative (for stomach and digestive system) to correct the disordered state of bowels.

Compound Preparations

Ma'jun Najah, Ma'jun Ushba, Ma'jun Chob-Chini, Jawarish Shehryaran, Jawarish Qurtum, Sherbet Ahmed Shahi, Sherbet Mushil, Ma'jun Sana.

Dosage

3 to 7 g. (approximately).

Corrigent

Terminalia chebula Retz. (Halela).

Tenedium

Cuscuta reflexa Roxb. (Aftimun).

Comments

Described as injurious to the stomach lungs and kidneys. Fibrous knotted root is covered with cavernous suckers and it is advised to get rid of this covering prior to its use.

Portulaca oleracea Linn.

Syn.: Portulaca oleracea var. erecta T. Dyer.
Family: **Portulacaceae**
Arabic Name(s): Rajla, Baqla Hama, Bizr Khurfah
Urdu Name(s): Kharfah, Kulfa, Rajlah
English Name(s): Purslane

Parts Used

Above ground parts and seeds.

Quality/Temperament

Cold and moist in second order.

Functions and Properties (Pharmacological Actions)

Seeds are described as demulcent, refrigerant, slightly astringent, diuretic, sedative, emollient and alterative.

Specific Action

Demulcent (for liver), alterative (for reducing heat), sedative (for biliousness).

Medicinal Uses

Purslane is valued as refrigerant and alterative pot-herb particularly useful as an article of diet in scurvy and liver disorders. The herb is useful in haemoptysis, liver obstructions and debility, reducing small tumours and inflammations, good for ulcers, asthma, urinary discharges, diarrhoea, dysentery and piles. Regarded as effective against tape worms. Paste or juice of the vegetable is useful against skin affected by boiling water, warm inflammations, headache of warm origin. The paste is directly applied over the effected parts. To lessen the body heat particularly hands and feet, its curry is made to eat with bread. In aphthae of mouth and tape worms, the dry herb is given in recommended doses. Frequently recommended in bilious conditions and low fever, thirst and headache, stops vomiting and good in disorders of kidney and spleen.

Compound Preparations

Mufarreh Barid, Dawaul Misk Mo'tadil Jawahardar, Banadiq-al-Bazur, Tiryaq-i-Masana, Jawarish Zarishk, Hab Jadwar, Hab Zehar Mohra, Dawaul Misk Barid Sada, Dawaul Misk Har Sada, Dawaul Misk Mo'tadil Sada, Safuf Khas, Safuf Tabasheer, Safuf Muhafez Janeen, Sherbet Zufah Murakkab, Arq Shir Murakkab, Arq Maul Jubn, Qurs Ziabitus, Qurs Sartan, Qurs Kaknaj, Lubub Barid, Laooq Ab-Naishakarwala, Ma'jun Hamal Ambari Alvi Khani, Ma'jun Kalan, Mufarreh Barid Sada, Mufarreh Dilkusha, Naushdaroo- i-Lului.

Dosage

Seeds 3 to 5 g., leaf aqueous extract 6-10 ml.

Corrigent

Podina (Mentha piperita Linn.), Mastagi (Pistacia lenticus Linn).

Tenedium

Ispaghol (Plantago ovata Forssk.) seeds.

Comments

Eaten as vegetable and is non-toxic, however being saltish is regarded as difficult for digestion and may cause mild biliousness. Some times cultivated as pot herb.

Prunus amygdalus Batch. var. amara.

Syn.: Prunus amygdalus Baill.
Amygdalus communis Linn.
Family: **Rosaceae**
Arabic Name(s): Tuffah Arzi
Urdu Name(s): Badam Talkh, Noorulmar
English Name(s): Bitter almond

Parts Used

Seed, kernels, oil.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Attenuant, astringent, purgative, resolvent, detersive, emmenagogue and diuretic (used as pessary/vaginal suppository), anodyne for earache.

Specific Action

Detersive in skin affections, anodyne and emmenagogue.

Medicinal Uses

Bitter almond is recommended by Hakims only in external use and forbidden systemically. Mostly used in pastes, embrocations etc. to relieve freckles, ringworm and to beautify facial complexion as well as (the oil) to render anti-lice affects. For tinnitus and earache and when worms have been produced in the ear the oil proves of great value. Plaster made with vinegar is used to relieve neuralgic pains, as collyrium to strengthen the sight, as suppository relieve pain in difficult menstruation and as poultice as valuable application to irritable sores and skin eruptions.

Compound Preparations

Tiryaq Mohasa, Roghan Badam Talkh.

Dosage

Toxic, not recommended systemically. But if topically required then kernel in numbers of one to two only are used. Oil in prescribed doses applied externally.

Corrigent

Sugar, sugar candy (misri) and sweet almonds.

Tenedium

Prunus cerasus Linn. seeds. In Prunus amygdalus Batsch. var. amara, amygdalin and amylin are converted into hydrocyanic acid.

Comments

Due to the considerable amount of amygdalin and prussic acid bitter almonds are regarded as highly toxic, therefore not recommended for systemic use. Described as having particular adverse affects upon the intestines.

Prunus amygdalus Batoch.

Syn.: Prunus amygdalus Baill., Amygdalus communis Linn.
Family: **Rosaceae**
Arabic Name(s): Tuffah Arzi
Urdu Name(s): Badam Shirin, Loz, Badaam
English Name(s): Almond

Parts Used

Seed kernel, oil (and the shell).

Quality/Temperament

Warm and moist in first order.

Functions and Properties (Pharmacological Actions)

Nutritive, nervine-tonic, (semenagogue) increase formation of semen, aphrodisiac, aperient, emollient (for stomach, skin and chest), detersive.

Specific Action

Nutritive, nervine tonic and emollient.

Medicinal Uses

Almond as nutritive and tonic is used (dry fruit) all over the world and considered good against mental exhaustion and fatigue, keeps the nervous and respiratory organs moist thus relieves dryness and affiliated complaints. It is a useful (sex) stimulant and aphrodisiac, increases formation of semen and is included in electuaries prescribed for this purpose. Produces softness in throat and chest and thus assists expectoration of phlegm. Due to oil's detersive action included in embrocation to beautify the face. Considered as fattening and good for eyesight, useful for dry cough and irritation of the membrane of urinary bladder. The oil is also useful against constipation. Burnt shell of the almonds is regarded as a traditionally esteemed tooth powder.

Compound Preparations

Laooq Sapistan, Laooq Badam, Lubub Kabir, Lubub Saghir, Halwa-i-Sa'lab, Halwai-Gazar Maghz Sar-i-Kunjashkwala, Roghan Badam Shirin, Laooq Bihdana, Ma'jun Qurtum.

Dosage

Oil 5 to 12 ml., kernels 3-12 g. approximately.

Corrigent

Pistacia lentiscus Linn. and oil of Lagenaria (white gourd).

Tenedium

Juglans regia Linn. kernel.

Comments

Its continuous use (5-6 Nos.) as fortified nutritive medicine is considered to improve immunity, but more than this quantity may affect the digestive function.

Prunus armenica Linn.

Family: **Rosaceae**
Arabic Name(s): Mishmish, Khubani
Urdu Name(s): Khubani, Mishmish, Zardalu, Khurmani
English Name(s): Apricot

Parts Used

The ripe fresh or dried fruit, its kernel, leaves.

Quality/Temperament

Fruit cold and moist in second order, kernel warm and moist in first order.

Functions and Properties (Pharmacological Actions)

Nutrient, tonic, demulcent (laxative and refrigerant), antibilious (for heat and for fevers), resolvent, antiflatulent, antiseptic.

Specific Action

Antibilious, demulcent.

Medicinal Uses

Apricot relieves obstructions from the digestive system, acts as demulcent, laxative and refrigerant and is effective against fevers of bilious origin, included in syrups used as general tonic. Commonly used to allay thirst. Its use lessens the blood heat, helps alleviation of gastritis and stomach irritation. The leaves are effective in decoction against intestinal worms, act as diuretic and antidiarrhoeal. Dried powdered leaves are also used (in dose of approximately 7 grams) for same purpose. The kernels are sweet, smaller than almonds, nutritive and their oil is sometimes used as substitute for almond oil.

Compound Preparations

Khuban.

Corrigent

Sugar, Pimpinella anisum Linn. (Anisun), Pistacia lentiscus Linn. (Mistagi).

Tenedium

Peaches (Aaru/Shaftalu:Prunus persica (L.) Batsch./P. persica (L.) Stokes) in half-number of apricots.

Comments

Unripe fresh fruit may cause flatulence, or fever of septic origin if consumed in large quantity. Advised by the traditional physicians to take them before meals. In history apricots have been referred to be antidote to hill sickness.

Prunus cerasus Linn.

Family: **Rosaceae**
Arabic Name(s): Qarasiya
Urdu Name(s): Alu-balu, Kelash, Gilas, Olchi
English Name(s): Red Sour Cherry

Parts Used

Fruit, seed kernels and bark.

Quality/Temperament

Unripe fruit cold and dry in first order, ripe dry fruit warm and cold in first order.

Functions and Properties (Pharmacological Actions)

There are 4-varieties which have specific actions e.g. (1) Sweet: Emollient for thoracic region and for body, diuretic, lithontriptic. (2) Sweet-sour: Antibilious, reduces blood heat, stomach and (temperamentally warm) liver tonic. (3) Sour and Bitter: Astringent, gum detersive and lithontriptic. (4) Seed kernels: Emmenagogue and lithontriptic.

Specific Action

(On average all varieties): Emollient, astringent, diuretic and lithontriptic.

Medicinal Uses

Fresh, ripe and dried all kinds of fruits and their kernels are used in traditional medicine. Sweet variety of red sour cherry if fresh and ripe is used for cleaning the respiratory tract of hoarseness and to alleviate cough, also a mild laxative, relieves constipation and acts as diuretic, thus good for urinary function too. Sour variety is administered to relieve biliousness, to lessen the blood heat, alleviate nausea and vomiting. Sweet but dried fruit with Foeniculum vulgare Mill. (badiyan) acts as effective emmenagogue and removes kidney and bladder stones or like impurities. Embrocation of fruit is applied on face to render it glamour. Sherbet Alu Balu a common preparation is regarded as an effective lithontriptic. Bark is a bitter astringent and febrifuge. Kernel regarded as nervine tonic (but their use must follow the prescription).

Compound Preparations

Sherbet Abu-balu, Ma'jun Sang-i-Sar-i-Mahi.

Dosage

9 numbers (approx.).

Corrigent

Piper nigrum Linn., table salt.

Tenedium

Alu-Bukhara (Prunus communis Linn.).

Comments

Kernel use is not advised systemically at large due to the presence of considerable quantities of hydrocyanic acid. The sweet and fresh ripe fruit may cause stomach and digestive debility, therefore not suggested to be taken after the meals.

Prunus domestica Linn.
Prunus bokhariensis Royle ex C.K. Schn.

Syn.: Prunus communis Huds. var. institia Hk.
Prunus alucha Royle
Prunus domestica Linn. spp. institia (L.) Poir
Family: **Rosaceae**
Arabic Name(s): Barquq, Ujas
Urdu Name(s): Alu-Bukhara, Ujas, Alucha
English Name(s): Prunus, Cherry Plum, Bokhara Plum

Parts Used

Fruits (ripe and dried).

Quality/Temperament

Cold in first order and moist in second order.

Functions and Properties (Pharmacological Actions)

Fruit is nutritive, antibilious, refrigerant, demulcent, cooling, laxative, also digestive (and aperient).

Specific Action

Digestive, nutritive, refrigerant and antiemetic.

Medicinal Uses

The `Bokhara plum' regarded as nutrient, laxative and demulcent has been used for centuries in sweet dishes, sauces, rice-meat dish (Biryani) and in coolant refrigerant syrups of the Orient. These may be taken in or before breakfast (or meal) by those who suffer from acid dyspepsia. It is used against bilious fevers due to (summer) heat, and headache, vomiting, nausea and to lessen the thirst. The fruit (in taste) being sub-acrid, digestive and aperient, is largely consumed by rich in various forms of sauces (chutneys). Regarded as useful in cases of torpid and enlarged liver, gonorrhoea, piles etc.

Ibn Baitar mentioned that being somewhat mucilaginous, it renders the stomach cool and moist. It is emollient and acts through its laxative action for getting rid of biliousness. In those conditions of cough where vinegar (acetic acid) is harmful then infusion of the Bokhara plum serves the purpose.

Compound Preparations

Sherbet Alu Bokhara, Sherbet Mulayyin.

Dosage

3-5 Nos., as purgative 10-15 Nos., 7 Nos. taken at night bring safe purge in the morning.

Corrigent

Zizyphus jujuba Mill. (Unnab), Rosa damascena Mill. preserve (Gulqand), Pistacia lentiscus Linn. (Mistagi).

Tenedium

Tamarindus indica Linn. (Imli) according to the needs. Prunus communis Huds.

Comments

Excessive intake regarded as harmful for people with cold temperament.

Psoralia corylifolia Linn.

Family: **Papilionaceae**
Arabic Name(s): Jatbat, Zosalasa-alwan
Urdu Name(s): Babchi
English Name(s): Psoralia

Parts Used

Seeds.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Detersive, blood purifier, laxative, anthelmintic, carminative, stomach tonic.

Specific Action

Effective against vitiliginous and leucodermal conditions and relevant skin complaints.

Medicinal Uses

Well known blood purifier (of traditional medicine). Psoralia is prescribed in conditions which symptomatically present blood disorders of chronic type like vitiligo and leucoderma, freckles, ringworm, skin irritation like scabies etc. The seeds are administered along with other suitable constituents, in some cases also made into preparations for local application. It is also helpful in relieving the associated complaints like constipation, piles, non-appetitive condition etc. Its paste is applied (on white patches) with butter, bruised radish seeds or turmeric powder. Use of its powder following use of the extract of neem leaves in honey proves

useful vermicidal especially the earthworms are expelled dead. In local application its action has been referred to be useful against leprosy too (state not described).

Compound Preparations

Safuf Bars, Roghan Bars-Jadid, Zimad Kibrit.

Dosage

1 to 2 g.

Corrigent

Curd, butter and oils.

Tenedium

Cassia tora Linn. seeds (Tukhm Panwar).

Comments

To detoxify, the seeds are kept in ginger extract for a week, then the seeds are taken out, bruised and used. May cause flatulence. Powdered dose exceeding 2 gram may cause vomiting and diarrhoea. Extensive use has been described as harmful for eyesight.

Pterocarpus santalinus Linn.

Family: **Papilionaceae**
Arabic Name(s): Sandlan, Batarsi
Urdu Name(s): Sandal Surkh, Lal Chandan, Sandal Gaarha
English Name(s): Red Sandal wood

Parts Used

Wood-raspings (sawdust) or wood infusion made into suitable vehicle.

Quality/Temperament

Cold and dry in third order/Cold in second order, dry in the third.

Functions and Properties (Pharmacological Actions)

Astringent, tonic and diaphoretic, mostly applied as an external application, acts as concoctive, soothing, resolvent and anti-inflammatory agent with repercussive action and refrigerant sedative attributes.

Specific Action

Repercussive and sedative (for warm inflammations and painful affections).

Medicinal Uses

Red sandalwood is used as cooling external application for inflammations and for headache, in bilious affections, skin diseases, fevers and boils, to strengthen the eyesight, to reduce swelling of the eye-lids. Internally as syrup to relieve the abnormal cardiac heat, cardiac debility, palpitation of warm origin and to lessen the blood heat as well as blood purifier. For bilious and bloody diarrhoea and to relieve the burning sensation in urine syrup is also effective in bringing to normal the stomach acidity. The wood is generally employed as colouring agent in compound tincture of lavender and as an ingredient of several medicated oils (colour is due to the substance identified as santalin). Powdered (sawdust) mixed with milk is a reputed remedy for bleeding piles. Decoction of the legume is useful in chronic dysentery.

Compound Preparations

Sherbet Anjbar, Dawaul Misk Mo'tadil Jawahardar, Safi, Ma'jun Ushba, Arq Maul Laham Ambari Ba Nuskha Kalan, Arq Murakkab Musaffi Khun. Ma'jun Ushbah, Hab Musaffi Khun, Dawaul Misk Har Sada, Dawaul Misk Mo'tadil Sada, Arq Shir Murakkab, Arq Gazar Ambari, Arq Maul Jubn, Qurs Sartan, Ma'jun Sangdana Murgh, Mufarreh Barid Sada, Mufarreh Mo'tadil.

Dosage

3-7 g. (approximately).

Corrigent

Honey.

Tenedium

Sandal Safaid (Santalum album Linn.), Camphor, and Parmelia perlata Esch. (Charela).

Comments

Described as depressing sexual activity if used for longer duration or in large doses.

Punica granatum Linn.

Family:	**Punicaceae**
Arabic Name(s):	Rumman, Ruman Halw, Ruman Hammaz, Ruman Murr
Urdu Name(s):	Anar, Bidana, Darhoon Mitho
English Name(s):	Pomegranate

Parts Used

Pericarp, seeds.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

All parts and all types have astringent, refrigerant, styptic, stomachic, antidiarrhoeal, and anthelmintic activities. Also referred (juice) as tonic for body and eyesight.

Specific Action

Astringent, anthelmintic (and antibilious for persons having warm temperament).

Medicinal Uses

Pomegranate is described in literature under three major varieties viz.

(1) Sweet pomegranate: Also known as bidana with soft flesh on seeds, tonic for heart and liver, and for producing good (quality) blood. It is diuretic, quenches thirst and good for people having warm temperament. Imparts strength to vital organs and its juice (with rind of fruit) is effective against diarrhoea, haemorrhage, piles and haemoptysis. Root bark decoction is useful against helminths and use of castor oil following treatment by root bark decoction is effective in getting rid of dead tapeworms. Researches reveal pomegranate as antimicrobial and has been regarded as good nutrition for tuberculosis patients. Seeds juice concentrated over heat is useful if applied into the eyes for strengthening eyesight.

(2) Sour pomegranate: Flower buds bruised and given to relieve fever and cough, the juice is effective in reducing burning sensation in chest and lessening blood heat. It is considered as antibilious, stops nausea and vomiting, brings urine frequently and its diuretic effect is more pronounced than sweet variety. The rind of the fruit and bark powdered and given in decoction are useful anthelmintic. Flowers dried and powdered used as tooth powder strengthen the gums and act as haemostatic for bleeding gums. Fever accompanied by vomiting and diarrhoea is relieved following its use. It is also beneficial in jaundice which is due to heat or excess warm malhumours.

(3) Sour sweet variety: This is identified as Qandhari Anār. Its qualities are like that of sweet variety but is more effective medicinally. Favourably effective for individuals with bilious

temperament. Juice with bark or rind of fruit with sugar is effective against bilious vomiting, itching and jaundice. Stops hiccup and imparts strength to the stomach. In copper vessels, its extract is kept over heat so as to make it desirably concentrated, its application within the eyes is useful for strengthening the eyesight. Seeds dried and used traditionally in sauces and fresh chutneys. They serve as astringent, appetitive and digestive. Bruised in water these act as effective antidiarrhoeal.

Juice of this variety is widely used as cooling refrigerant, given in dyspepsia and fever, dysentery, haemorrhages, leucorrhoea and against tapeworms.

Compound Preparations

Jawarish Anarain, Jawarish Podina, Khamira Abresham Hakim Arshad wala, Arq Amber, Hab Sumaq, Hab Shahiqa, Hab Narkachur, Halwa-i-Sa'lab, Rub-e-Anarain, Safuf Namak Shaikhur-Rais, Sunun Zard, Sunun Supari, Sunun Muqawwi- Dandan, Sherbet Fawakih, Qurs Tabashir Qabiz, Qurs Kahruba, Qurs Gulnar.

Dosage

Pomegranate juice 25 to 60 ml., seeds (dry) 6 g.

Corrigent

Citrullus vulgaris Schrad (Hanzal), Aloe spp. (Ailwa).

Tenedium

The seeds are tenedium for pericarp and vice versa.

Comments

Long-term use may produce nausea, vomiting and purging, flatulence, cramps in legs with giddiness, dimness of eyesight and numbness of the limbs.

Pyrus cydonia Linn.
Cydonia vulgaris Pers.
Cydonia oblonga Mill

Family: **Rosaceae**
Arabic Name(s): SafarJal, Bizr Safarjal
Urdu Name(s): Behi, Behidana, Bihi
English Name(s): Quince fruit

Parts Used

Seeds and fruit, leaves, buds, bark of the tree.

Quality/Temperament

Seed: cold and moist in second order; fruit: cold and dry in first order.

Functions and Properties (Pharmacological Actions)

Fruit is tonic, nutritive, astringent, diuretic, vulnerary, antipyretic, expectorant, appetitive, lessen thirst, good against asthma and ulcers.

Seeds (which are mucilaginous) are anticatarrhal and antipyretic especially for fevers of warm origin. Seeds kernel regarded as useful antitubercular and effective against cough due to warm malhumours.

Specific Action

Effective against fevers and diarrhoea of warm origin.

Medicinal Uses

Fruit of Behi is nutritive, appetitive and lessen thirst. Seeds are actually the medicinal part being utilized in traditional medicine to relieve sore throat, cough, stomatitis, fevers, burning sensation, intestinal colic and to heal ulcers. The moist seeds are slightly astringent, their mucilage is useful in cough and bowel complaints as demulcent, as well as a dressing for bed-sores, seeds are also of advantage in diarrhoea and dysentery, to stop gastric catarrh and gonorrhoea. Mucilage of seeds is used externally for eye complaints as soothing lotion. Leaves, buds and bark are domestic remedy on account of their cooling, and astringent properties.

Fruits are eaten commonly considered as demulcent, restorative and tonic. The dried fruit is regarded as refrigerant. Major use of fruit is in making jelly and marmalade.

Compound Preparations

Jawarish Safar Jali Qabiz, Banadiq al-Bazur, Jawarish Amla Lului Masihul-Mulk wali, Jawarish Zarishk, Jawarish Safarjal Mushil, Jawarish Tabasheer, Khamira Abresham Hakim Arshadwala, Khamira Abresham Ood Mastagiwala, Sherbet Aijaz, Sherbet Bihi, Sherbet Fawakih, Laooq Sapistan, Murrabba-Bihi, Ma'jun Kalan, Muffareh Shaikul-Rais.

Dosage

Seeds 3 to 5 g., aqueous extract 5 ml.

Corrigent

Sugar and Foeniculum vulgare Linn. (Sonf).

Tenedium

Ispaghol (Plantago ovata Forsk.).

Comments

Three varieties are common: sweet, sour and sub-acid. Continuous use or large quantities (more than normal) may cause desiccation in digestive organs and extra-emollience.

Quercua baloot Griffith

Syn.: Quercus ilex auct. plur. non Linn.
Family: **Fagaceae**
Arabic Name(s): Baloot Akhzar, Baloot Khafazi
Urdu Name(s): Baloot, Sita Supari, Ban, Shah Balut
English Name(s): Grey Oak, Common Oak

Parts Used

Fruit.

Quality/Temperament

Cold and dry in third order/cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Fruit (called Shah Baloot) is of two kinds: round and a bit larger in length. Astringent, desiccative, antihaemorrhagic (styptic), diuretic, useful in urinary troubles, uterine antiseptic and adsorptive, antidiarrhoeal, fattening.

Specific Action

Astringent and desiccative, antihaemorrhagic.

Medicinal Uses

Fresh fruits of oak are fried over heat and eaten by sprinkling table salt over them. Dry kernels are made into powder and its bread is used by mountain villagers. It is not easily digestible. Prescribed by traditional physicians in spermato-rrhoea, premature ejaculation, abnormal uterine and vaginal discharges, leucorrhoea and haemorrhage as well as in diarrhoea and dysentery. In micturition, polyuria and nocturnal emission or bed wetting with Cyperus rotundus Linn. or other suitable drugs it is prescribed to alleviate such complaints of urinogenital organs. The covering of kernel inside pericarp is soft but more effective in action than kernel in being astringent and desiccative. In abnormal catarrhs and bleeding and it is administered internally as well as applied to render similar effects. As vaginal suppository it dries the abnormal secretions in leucorrhoea and applied over hernia. It is also fattening. Bark of the tree in water (when kept for long duration) render the hairs black following its application as hair dye.

Compound Preparations

May be used as single remedy or as ingredient of those preparations in which Oak galls are included.

Dosage

2 to 5 g. (approximately); in decoction upto 9 g.

Corrigent

Sugar, honey and sugar beet.

Tenedium

Pomegranate flowers, Oak galls.

Comments

May cause obstructions, not easily digestible and is also fattening, may produce black bile and on continuous use or large dose may cause harm to pharynx.

Quercus infectoria Olivier

(Obtained as a result of puncture and deposit of the eggs of insect Cynips Gallae tinctoria on leaves, buds and branches or stems of various species of Oak and Sumach)

Family:	**Fagaceae**
Arabic Name(s):	Afas, Afinay
Urdu Name(s):	Mazu Phal, Maju Phal, Mazu Sabz, Maada
English Name(s):	Oak Galls

Parts Used

Galls produced on the branches of the tree.

Quality/Temperament

Cold in first and dry in second order/cold in second and dry in third order.

Functions and Properties (Pharmacological Actions)

Powerfully astringent and styptic, desiccative, antiseptic, if applied under arms, on palm of hands and inside groins, it lessens formation of sweat and gets rid of malodour due to perspiration, highly effective against abnormal secretions and haemorrhages.

Specific Action

Astringent, desiccative and antihaemorrhagic.

Medicinal Uses

In the abraded state or excoriated layers of intestines, chronic diarrhoea and abnormal secretions galls of Quercus

infectoria Oliv. powder is given, with Portulaca oleracea Linn. extract applied as drops in the ear producing pus, it proves useful. To stop bleeding from gums and to strengthen them applied as astringent and antihaemorrhagic in gargles and included in tooth powders, also the decoction is employed as astringent wash in gargles, elongation of uvula, pharyngitis stomatitis etc. Powder as antidiarrhoeal, in gleet and gonorrhoea, leucorrhoea and other vaginal discharges. Powder snuff is effective against epistaxis, in profuse menstruation and against open wounds. In chronic gastric catarrh, enuresis nocturnal and albuminuria, good results are obtained along with its useful effects in renal haemorrhage and obstinate spleen swelling. Also renders useful results in intertrigo, impetigo, eczema, prolapsus of uterus etc. and applied in clarified butter or vaseline to haemorrhoids unattended by heat or inflammation, on anal fissures and ulcerated haemorrhoids, applied at least twice daily.

Compound Preparations

Hab Bawasir Khuni, Hab Paichish, Ma'jun Mochrus, Hab Urus, Hab Marwaridi, Safuf Habis, Safuf Muallif, Sunun Zard, Sunun Missi, Qurs Bandish Khuni, Marham Mazu, Ma'jun Hamal Ambari Alvi Khani.

Dosage

1-2 g. (approximately).

Corrigent

Gum acacia and tragacanth.

Tenedium

Bark and fruit coat (dried) of Pomegranate, common Oak fruit and coat of the kernel, Terminalia chebula Retz. (Halela).

Comments

Contra-indicated when patient is suffering from lungs and throat disorders.

Randia spinosa (Thunb.) Poir.

Syn.: Randia dumetorum (Gaertn.) Lam.,
Gardenia spinosa Thunb.,
Randia longispina DC.

Family: **Rubiaceae**

Arabic Name(s): Joz-al-Qai, Kousala

Urdu Name(s): Mainphal, Zuzul-Kuch (Persian), Mindukolla, Rara
English Name(s): Emetic Nut

Parts Used

Fruit (rind) and bark.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

The rind of fruit possess bitter taste and bad odour, possess emetic, diaphoretic, antispasmodic, resolvent, calorific, suppurative, vesicant and antiphlegmatic laxative properties.

Specific Action

Emetic, antiphlegmatic laxative, vesicant.

Medicinal Uses

The rind and fruit of Mainphal are generally used to produce emesis. One fruit pulp which is bruised and made into draught administered and followed by warm water or aqueous extract of Anethum graveolens Linn. sweetened with honey acts as emetic and antiphlegmatic laxative brings emesis within ten minutes. The fruit pulp with rind is bruised and applied over sores and blind ulcers or abscesses. Here it acts as suppurative resolvent and later on as vesicant. The fruit powder in recommended doses with Glycyrrhiza glabra Linn. and Calotropis spp. latex acts usefully against asthma, bronchitis and chest affections particularly as expectorant as well as in headache (due to phlegmatic malhumour deposition), orchitis and indigestion. The bark is regarded as useful nervine sedative and its powder is effective remedy for phlegmatic fevers in which body seems badly tired as well as to disperse internal abscesses, to stop diarrhoea and dysentery.

Compound Preparations

As aqueous extract along with Mentha spp.

Dosage

3-6 g. (approximately), the rind of the fruit or the fruit itself.

Corrigent

Cochlospermum religiosum (L.) Alston. (Katira) and cold articles of nutrition.

Tenedium

Armenian bole (Gil-e-Armeni) and mustard (Brassica juncea (L.) Czern.).

Comments

Randia tetrasperma (Roxb.) Benth. & Hk. Syn. Gardenia tetrasperma Roxb. is also of medical significance. The nut has been described as substitute for Ipecac in its emetic action. Dry fruit powdered and mixed in flour used as fish poison. The fruit is equal or larger in size to nutmeg, however the seeds are mucilaginous. Fruit rind is the common article used in medicine, and fruit possesses abortifacient property. Draught prepared from rind of 3-4 fruits is sufficient to produce nausea and vomiting in about 10 minutes.

Raphanus sativus Linn.

Family: **Cruciferae**
Arabic Name(s): Fijl, Bizr Fijl
Urdu Name(s): Muli, Turb
English Name(s): Radish

Parts Used

Roots, leaves and seeds.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Carminative, digestive, diuretic, resolvent of inflammations (particularly splenic and hepatic), leaves are strong diuretic, fruit is astringent but not easy for digestion. Salt obtained by burning (over heat) the leaves and root renders carminative and diuretic activities. Seeds internally emetic and diuretic and externally detersive.

Specific Action

Carminative, resolvent and diuretic.

Medicinal Uses

There are two opposite faculties described in radish. One has been regarded as not easily digestible and the other which is soft, easily digestible. Thus it is the substance of the root that is not easily digestible but the phytochemical (botanical) quality assists its activity as being an effective carminative but within the (digestive) system leaves its untoward action of producing belching and erection.

Eaten as vegetable and salad and dipped well as sliced in vinegar against spleen inflammation. It is an effective medicine for piles and gastric pains, in urinary and syphilitic complaints, dysuria and strangury. Juice is used for all these complaints and given as often as necessary. Eating before

the meals, radish improves appetite and act as useful digestive. With sesame oil the radish extract added and boiled so that only the oil is left, this oil as drops is useful in earache and tinnitus. Extract enriched with cane sugar is regarded as effective in jaundice. In dropsical affections, kidneys and bladder stones, its diuretic activity brings useful results when used alone or with other suitable drugs. Salt (Namak Turb) of Radish is also effective for same purpose.

Compound Preparations

Hab Khubs al-Hadid, Dawai-Sang, Roghan Turb, Sherbet Mudir, Ghaza Husn Afza, Kushta Hajr al-Yahud, Kushta Sang Sarimahi, Lubub Kabir, Ma'jun Panba Dana, Ma'jun Raig Mahi, Ma'jun Mobahee Antaki, Ma'jun Murawweh ul-Arwah.

Dosage

Fresh juice 10 ml.; salt of the root 1 to 2 g.

Corrigent

Cumin (Carum carvi Linn.) and salt.

Tenedium

Turnip (for root), and mustard (for seeds).

Comments

Regarded as hepatoprotective, used as vegetable and salad.

Rauwolfia serpentina (L.) Bth.

Family: **Apocynaceae**
Arabic Name(s): Asrol,Jamul Maa, Shaqiq Maee
Urdu Name(s): Asrol, Choti-Chandan
English Name(s): Rauwolfia, Snake root

Parts Used

Root.

Quality/Temperament

Cold and dry in third order.

Functions and Properties (Pharmacological Actions)

Antihypertensive, hypnotic, sedative, increase uterine contractions, central nervous system stimulator.

Specific Action

Antihypertensive and sedative, psychotropic.

Medicinal Uses

The root of Rauwolfia serpentina (L.) Benth. being bitter tonic possesses well-marked sedative (and hypnotic)

properties. Also acts as febrifuge. The powdered root is administered for the relief of insanity, hysteria, high blood pressure, epilepsy and insomnia particularly effective when the individual is not temperamentally bilious. It is excessively bitter and if used in large doses may cause irritation of the alimentary canal and thus vomiting. Long-term use in small doses is a safe therapy for blood heat and high blood pressure. It is an established remedy for those maniacs who make noise and beat others, but is absolutely ineffective in hypochondriac patients who remain silent or are melancholic. Bruised root applied on the site of poisonous insect bite, instantly gives relief. With aqua rose, its single dose is enough to bring sleep in mentally retarded, it thus also helps patients suffering from other illnesses to function as an effective hypnotic. In insomnia and high blood pressure it is reputed the world over.

Decoction of the root has been employed to increase uterine contractions (and promote expulsion of the foetus). Root also serve as a remedy for the painful affections of the bowels, dysentery and above all in insomnia, hypochondria and irritative conditions of the central nervous system. With Andrographis paniculata Nees., ginger and black salt given in fevers, with Aristolochia bracteata Retz. in cholera and with Kurchi in colic.

Compound Preparations

Hab Dawaul Shifa, Hab Fishar, and in different syrup preparations.

Dosage

250 mg. to 1 g.

Corrigent

Delphinum denudatum Wall. (Jadwar), Piper nigrum Linn. (Filfil Siyah).

Tenedium

Balchar (Valeriana officinalis Linn.) in hypotensive action. As cardiac tonic: Valeriana officinalis Linn. and V. hardwickii Wall. (Asarun).

Comments

In large doses it may produce deep sleep where the reflexes and sensation of pain are (totally) diminished and death may result from asphyxia due to paralysis of respiratory centres. Excessive use may cause irritation in alimentary canal and vomiting.

Rheum emodi Wall. ex Meissn.

Family: **Polygonaceae**
Arabic Name(s): Rewand Farnasawi, Dehn al-Rawind
Urdu Name(s): Rewand Chini, Bekh Rebas, Tursak
English Name(s): Rhubarb, Rheum

Parts Used

Rhizome.

Quality/Temperament

Compound temperament (Murakkab al Quwa).

Functions and Properties (Pharmacological Actions)

Stimulant and liver tonic, primarily: mild (anthraquinone) purgative, secondarily: stomachic and astringent in relatively small dose, diuretic and emmenagogue, deobstruent (especially for liver and intestines).

Specific Action

Deobstruent and purgative for the viscid, sticky humours or by- products remain in the intestines.

Medicinal Uses

The root of Rheum emodi Wall. ex Meissn. has been described as useful in removing the freckles, navus and moles, spots, ringworms etc., when bruised and mixed in vinegar and applied externally over the affected parts particularly the face. Sometimes applied to relieve local inflammations externally as well as administrated systemically. In certain types of coughs, asthma and haemoptysis as well as to relieve flatulence, stomach and intestinal debility and to stop frequent motions, it is given in small doses. In diarrhoea due to indigestion, jaundice, dropsy, liver inflammations, spleen inflammation and quartan fever it is administered through various modes.

It differs from other anthraquinone purgatives in that it exerts an astringent action following purgation; with small doses the astringent action predominates and it is therefore used as astringent bitter occasionally in the treatment of diarrhoea. In children's constipation, anaemic females, gouty subjects and in puerperal states it is especially recommended due to mildness of its action. In diarrhoea depending upon the presence of crude or irritating ingesta, it proves highly effective. In some forms of dyspepsia, it is a remedy of great value either alone or combined with other suitable agents.

Compound Preparations

Jawarish Khuzi, Safi, Itrifal Mulayyin, Ma'jun Talkh, Tiryaq-i-Masana, Hab Shabyar, Hab Shafa, Hab Lub ul-Khashkhash, Roghan Aqrab, Safuf Andari Julab, Dawaul Karkam, Safuf Chob Gazwala, Safuf Suzak, Hab Yarqan, Sherbet Dinar, Qurs Didan, Qurs Zarishk, Qurs Mulayyin, Ma'jun Chob Gazwali, Ma'jun Murawwehul-Arwah.

Dosage

1 g.

Corrigent

Loab Behdana (Pyrus cydonia Linn. mucilage), Gum-Acacia, Cochlospermum religiosum (L.) Alston. (Katira).

Tenedium

Gul Surkh (Rosa demascena Mill.).

Comments

Contra-indicated in weak and feeble individuals (particularly children and old-age). Toxicity as for other purgatives. Constant use can cause decreased sensitivity of the intestinal mucosa, abdominal colic, flatulence, watery diarrhoea, weight loss etc. Should not be given to patients already suffering from (or having symptoms of) appendicitis, severe intestinal obstructions or abdominal pain of unknown etiology. Rheum emodi Wall. ex Meissn. is often confused with R. webbianum Royle. and at times also referred under Bekh-Rebas.

Rhus coriaria Linn.

Family: **Anacardiaceae**
Arabic Name(s): Sumaq, Timtima
Urdu Name(s): Sumaq, Tatri
English Name(s): Sumach

Parts Used

Bark and fruit.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Astringent and repercussive, stomach tonic, alleviates biliousness, antihaemorrhagic (styptic) and anti-diuretic (effective against polyuria).

Specific Action

Stomach tonic and effective against bilious diarrhoea.

Medicinal Uses

Sumaq bark is used against bilious diarrhoea, nausea and vomiting and to alleviate thirst, alone or in suitable compound preparations. Gargles of the bark and fruit prove useful for strengthening the gums and in cattarhal affections of the pharynx. Powder made of its bark and charcoal powder is effective for cleaning the teeth and applied as paste to unhealthy ulcers and suppurating piles. Infusion of the bark is effective in the beginning of viral eye complaints and ophthalmia. Considered as first-aid remedy for epistaxis when bark is bruised in water and applied on the forehead.

Fruit is considered appetite stimulant, useful for relieving bilious diarrhoea, infusion as effective in scurvy and ophthalmia. Fruit is also an acidic article, is styptic and powerful astringent, good against dysentery, allays nausea and vomiting, haemoptysis, haematemesis, diuresis and leucorrhoea.

Compound Preparations

Noshdaroo Sada, Hub Sumaq, Jawarish Zarishk, Jawarish Tabasheer, Jawarish Fawakih, Safuf Shahtara, Safuf Na'na', Safuf Namak Shaikh ur-Rais, Sunun Zard, Sunun Supari, Sunun Muqawwi-i-Dandan, Sherbet Fawakih, Qurs Ziabitus, Qurs Tabashir Qabiz, Ma'jun Bussad.

Dosage

3 to 5 g. (approximately).

Corrigent

Pimpinella anisum Linn., Foeniculum vulgare Gaertn., Pistacia lentiscus Linn.

Tenedium

Zarishk (Berberis lycium Royle, B. vulgaris Linn.) and Valeriana hardwickii Wall.

Comments

Described as harmful for individuals having cold temperamental state of liver and stomach.

Ricinus communis Linn.

Family:	**Euphorbiaceae**
Arabic Name(s):	Bed-Anjeer, Bazr Kharii, Khuru
Urdu Name(s):	Arand, Arandae, Arandai, Hiran Jo-wann, Murpad, Harnoli, Murghpad, Bed Anjir
English Name(s):	Castor, Castor oil Plant

Parts Used

Oil, seeds, leaves.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

The oil (castor oil) is non-irritant purgative, stimulates intestines and muscles to cause purgation. Seeds are counter-irritant, leaves are galactagogue. Frequently referred as expectorant, effective against malhumours of cold origin. Resolvent of inflammations.

Specific Action

Non-irritant purgative of cold malhumours, resolvent.

Medicinal Uses

The Oil: Expectorant (and laxative), resolvent of hard inflammations, sedative, purgative. Leaves: Galactagogue, emmenagogue, vulnerary in boils. Seeds: Resolvent, detersive and counter-irritant, purgative, emmenagogue, anthelmintic. The oil in every age and in most conditions is an effective and safe purgative, useful against muscular rheumatism, paralysis, tremors, asthma, cough, colicky pains, and dropsy. Administered in constipation as single dose as well as in phlegmatic complaints. It is also given as enema. Its safety is increased when given with a minimum quantity of Papaver somniferum Linn. dried latex (afiyun) or with Acacia gum extract. The safe purge gets rid of intestinal worms also. Messaged over rheumatic and other pains and hard swellings it brings relief. Frequently used for the relief of diarrhoea, constipation and colic.

Seeds are more effective as purgative than the oil. Internally these are also effective in diseases due to cold malhumours (particularly phlegmatic), in warts, freckles and scabies. Leaves' paste is applied over the effected parts in gout and rheumatism. Women after parturition use fried leaves (in some suitable vehicle) to bind over breasts which act as galactagogue. Warm leaves can also be applied to obtain the same results. Leaves applied to the abdomen promote menstrual discharge. Fomentation with leaves cures wounds, is made into ointments for sores, and applied over boils with benefit.

Compound Preparations

Itrifal Zamani, Hab Dabba Atfal, Halwa-i-Supari Pak, Roghan Arandi, Roghan Kalan, Zimad Sheer Shutr, Marham Atishak, Marham Dakhliyun, Ma'jun Bawasir, Ma'jun Suranjan.

Dosage

Seeds 3 to 5 g., oil 23 ml. to 50 ml.

Corrigent

Cochlospermum religiosum (L.) Katira Alston, Pistacia lentiscus Linn. (Mastagi).

Tenedium

The seeds and leaves of the plant serve as tenedium for each other.

Comments

Its anticonstipatory action is substantiated with safety when used with glycerine or gum acacia brings purgation without causing pain.

Rosa damascena Miller

Family: **Rosaceae**
Arabic Name(s): Ward, Jalnesreen
Urdu Name(s): Gul Surkh, Gulab, ward, Jarphul
English Name(s): Rose, Damask Rose

Parts Used

Flower petals (and buds), aqua.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

The flowers are somewhat bitter, astringent in taste, acrid, with a good odour, cooling (refrigerant), mild laxative, aphrodisiac, antipyretic, cardiotonic. It has astringent qualities when dry.The rose-buds are most astringent than the full-blown flowers and considered cold and dry, cephalic, cardiacal, tonic and aperient, removing biliousness and excessive cold humours.

Specific Action

Refrigerant, mild laxative and mild astringent.

Medicinal Uses

Rose flowers are regarded as refrigerant, tonifying for the vital organs, stomach and intestines, has compound action of causing mild purgation as well as astringency.

Dried flowers are especially astringent, lessen the heat due to biliousness, gives fragrance in perspiration and reduces its excessive excretion. Externally applied gives relief to warm inflammations and associated pain. The aqua distillate

is useful in sore or irritated affections of eyes. Flowers help curing burning sensations, bad odour from mouth, for improving appetite, relieving headache, toothache (as gargles), stomatitis, beneficial in abnormal kidney and liver functions, chronic fevers, inflammations and intestinal affections.

Rose oil is used as flavouring agent to mask taste of many obnoxious preparations. A conserve (Gulqand) comprising rose petals in sugar candy and other nutritional ingredients has mild laxative action. It is useful in improving appetite, relieving sore throat and enlarge tonsils and sometimes given to relieve common urogenital disorders and urticaria.

Compound Preparations

Ma'jun Dabeedul Ward, Sherbet Ward, Gulqand, Jawarish Zarishk, Dawaul Misk Barid Sada, Zarur Chhalon wala, Jawarish Tabashir, Dawaul Misk Har Sada, Ruh-i-Gulab, Hab-Khas, Hab Musaffi Khun, Khuban, Safuf Chutki, Safuf Chob Gazwala, Safuf Suranjan, Safuf Shahtarah, Safuf Tabasheer, Sunun Supari, Sherbet Ahmed Shahi, Sherbet Mushil, Shiyaf Aksir Chashm, Arq Pan, Arq Gazar Ambari, Arq Maul Lahm Ambari Ba Nuskha Kalan, Lahmina, Binger, Safi, Arq Amber, Safi, Ghutti, Dawaul Misk Mo'tadil Jawahardar, Ma'jun Chob Gazwali, Ma'jun Sangdana Murgh, Ma'jun Kalan, Ma'jun Mughaliz Jawahar wali, Ma'jun Nishara-i-Aajwali, Qurs Tabashir Qabiz, Qurs Ghafith, Qurs Kafur, Kushta Tila Kalan, Kushta Marjan Jawaharwala, Kushta Yaqut, Kushta Yashab, Mufarreh Buqrat, Mufarreh Shaikhul-Rais.

Dosage

5-7 g. (approximately).

Corrigent

Pimpinella anisum Linn., Pistacia species resin (Hab al-Zalim).

Tenedium

Marzanjosh (Origanum majorana Linn.). Banafsha (Viola odorata Linn.).

Comments

Though its smell is regarded as refrigerant and tonic for heart and brain, but in weak or cold tempered individuals or in those allergic to its fragrance some respiratory catarrhal affections may occur.

Rubia cordifolia Linn.
Rubia akane Nakai
Rubia cordifolia f. akane (Nakai) Kitamura

Family: **Rubiaceae**
Arabic Name(s): Favah, Hasalban, Aklilul Jabal, Aruq al-Sabegh,
Urdu Name(s): Majith, Romnas, Aruq Ahmar, Manjesta, Manjeth
English Name(s): Indian Madder/Dyer's Madder

Parts Used

Dried roots (mostly), and occasionally leaves, fruit and stems.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Deobstruent, alexipharmic, powerful emmenagogue, astringent, antipyretic, diuretic, analgesic, anodyne, caustic, alterative and antidysenteric.

Specific Action

Deobstruent (uterine, hepatic and splenic) diuretic, emmenagogue and caustic.

Medicinal Uses

The different parts of Rubia spp. are regarded as useful external application due to their astringency and applied to inflamed parts, ulcers, fractures etc. Rubbed with honey on the brown spots of Pityriasis versicolor. It is an effective deobstruent prescribed in obstructions of the urinary passages and amenorrhoea, in paralytic affections and jaundice. The fruit has been regarded as especially effective in hepatic obstructions, and the root paste made with honey is a useful application on freckles and other common skin discolourations. Whole plant is regarded as alexipharmic and applied locally to procure this effect following attack of poisonous insects. The root infusion is effective drink in cases of scanty lochial discharge, thus along with its emmenagogue action in uterine disorders it also exerts ailment-specific compound effect. On the other hand it hasten the inception of menstruation and is useful in treatment of overdue menses also. It is a useful diuretic for kidney and bladder and a deobstruent for stones and gravels in these organs. Being esteemed caustic bruised and mixed in vinegar and applied on freckles, ringworm, vitiligo, and variable skin spots. Also effective in rheumatism and

arthritis, in haemorrhages and as bacteriostatic against Staphylococcus aureus. Also reported to be of value in tuberculous diarrhoea where it acts as sedative and in tuberculous intestinal ulceration it acts as anodyne. Decoction of leaves and stems is used as vermifuge.

Compound Preparations

Ma'jun Dabidul Ward, Dawaul Karkam, Halwai-Ghaikwar, Safuf Habis, Safuf Musaffi Khas, Sherbet Mudir, Arq Ananas, Ma'jun Supari Pak.

Dosage

3-5 g. (approximately).

Corrigent

Cochlospermum religiosum (L.) Alston (Katira), Pimpinella anisum Linn. (Anisum), and Sikanjbin.

Tenedium

Xanthoxylum alatum Roxb. (Kababah) and Cinnamon (Dar-Chini).

Comments

It finds use as colouring agent particularly in medicated oils with same objective. Extra large doses can powerfully affect the nervous system and may cause temporary delirium. Large doses or prolong use may cause haematuria.

Rumex acetosa Linn.

Family: **Polygonaceae**
Arabic Name(s): Baqlat al-Hamiz
Urdu Name(s): Hammaz, Chuka, Tursha, Chuka Saag, Chuko
English Name(s): Sorrel

Parts Used

Seeds, leaves, and root.

Quality/Temperament

Cold and dry in first order.

Functions and Properties (Pharmacological Actions)

Astringent, febrifuge, cardiac tonic, exhilarant, sedative for biliousness, antidiarrhoeal.

Specific Action

Astringent, febrifuge, antibilious.

Medicinal Uses

For relieving bilious diarrhoea, to reduce the heat, to allay the thirst which is due to biliousness, for relieving nausea and vomiting, to relieve toothache and strengthen the gums, Sorrel gargles are effective. To impart functional strength to liver affected by warmness and to treat the jaundiced liver its leaves extract is used. Root is used for relieving diarrhoea, in jaundice and bilious obstructions, leucorrhoea and to stop excessive loss of blood in menstruation. Seeds are effective in palpitation, stomach membranes inflammation, burning sensation and irritation in urethra, the seeds are slightly fried and administered with other mucilaginous seeds like Plantago ovata Forssk. (Ispaghul), Lallemantia royleana Benth. (Tukhm Balanga), Plantago major Linn. (Bartang) etc. Frequently used as refrigerant and febrifuge (all varieties) and to allay the paralysis of anus (which may be due to haemorrhoids), its decoction is effective if the patient is asked to sit in this decoction under physician's prescription.

Compound Preparations

Ma'jun Mask-el-bol, Safuf Teen, Safuf Tabashir, Qurs Ziabitus, Qurs Kuhrab, Muffarreh Barid Sada.

Dosage

Aqueous extract 30-60 ml. (approximately); root 3-5 g. (approximately).

Corrigent

Foeniculum vulgare Mill. (Badiyan) and sugar.

Tenedium

Plantago major Linn. (Bartang seeds).

Comments

Rumex crispus Linn., syn. R. patienta L. var. crispus O. Kze. and Rumex vesicarius Linn. are other species considered to have similar properties and identified under the name of Sorrel (Hammaz).

Ruta graveolens Linn.

Family: **Rutaceae**
Arabic Name(s): Sudab Bustani, Feejan
Urdu Name(s): Sudab, Sadamast
English Name(s): Garden Rue

Parts Used

Leaves.

Quality/Temperament

Warm and dry in third order/warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Irritant, detersive and expectorant as well as calorific and resolvent for cold malhumours, antiseptic, stimulant, strong diuretic, emmenagogue, deobstruent, carminative, desiccative, astringent with alexipharmic attribute, antispasmodic and in extra large doses abortifacient and toxic.

Specific Action

Irritant, calorific, resolvent, diuretic and emmenagogue.

Medicinal Uses

Garden rue is of great benefit for the treatment of cold stomach states particularly relieves the spasm and flatus produced and as carminative assists digestion due to its calorific and irritable attributes. It is thus useful for imparting strength to the digestive organs, acts as antiflatulent and appetite stimulant and acting as expectorant and antispasmodic, takes away the excessive cold malhumours through diuresis, thus produces some astringency and evacuate the solid matters from the requisite organs. In oral preparations and suppository effective as emmenagogue and being calorific and resolvent of the cold malhumours useful for relieving sciatica, rheumatism and chronic pain in arthritis. Generally acts as alexipharmic, prevents the body from toxicity produced due to insect bites, as well as dog bites and scratches when externally applied. Being desiccative reduces quantity of the seminal fluid, the leucorrhoeal discharge and other catarrhs available freely in the body. In anasarca and oedema produced internally it is administered orally whereas for those apparent, applied locally. Due to its calorific and resolvent action proves useful as antispasmodic in hysteria, infantile convulsions, pneumonia etc. Dried leaves burnt and fumigation is effective for catarrh and cough.

Compound Preparations

Jawarish Kamuni, Ma'jun Haltit, Safuf Sailan ur Rehm, Safuf Sa'lab, Anqaruya-i-Kabir, Jawarish Kamuni Kabir, Hab Jund, Roghan Seer, Safuf Asl-us-Sus, Safuf Muhazzil, Zimad Ushaq.

Dosage

3 to 5 g. (approximately).

Corrigent

Pimpinella anisum Linn. (Anise).

Tenedium

Origanum vulgare Linn. (Sa'atar Farsi). Mentha piperita Linn. (Na'na').

Comments

Large doses or prolonged use is considered harmful for eyesight and for causing headache. Oil of rue is regarded as effective against ascarides and not only kills them but also assist body in their removal. Commonly regarded as anthelmintic, rue tea comprising leaves is a popular remedy for this purpose although oil is also prescribed. Peganum harmala Linn. (Harmal) N.O. Rutaceae is identified as Syrian Rue.

Salix aegyptiaca Linn.
Salix alba Linn.
Salix caprea Linn.
Salix acmophylla Boiss.

Syn.: Salix persica Boiss.; Salix daviesii Boiss.
Family: **Salicaceae**
Arabic Name(s): Khilaf Balkhi, Isbedar
Urdu Name(s): Bed Mushk, Gurba Bed
English Name(s): Willow, Musk Willow

Parts Used

Flowers, leaves and bark.

Quality/Temperament

Cold and moist in first order/cold in first order, moist in second.

Functions and Properties (Pharmacological Actions)

Exhilarant and cardiac tonic, brain tonic, diuretic and tonic, febrifuge, marine and muscular sedative, analgesic, laxative, anti-inflammatory. Decoction of bark leaves and stem astringent. Increases thinness of blood thus active against obstructions in blood circulation.

Specific Action

Analgesic, cardiac tonic, febrifuge, diuretic.

Medicinal Uses

Musk willow is described as more effective in all properties than Sallow (Bed Sada). Sleeping on the leaves bed of Salix is said to be useful for individuals having warm temperament, relieves hepatic and cardiac heat and fevers

of sanguinous and bilious origin. Extract of fresh leaves is effective against bloody diarhoea, this extract is also useful for relieving earache when dropped into the ear. For resolving obstructions in the liver, jaundice and inflammation of the spleen this extract is highly effective. Smelling the fresh flowers (with specific fragrant aroma) alleviates headache of warm faculty. Distillate from flowers acts as analgesic and anodyne and used at large in palpitation, tuberculosis, small- pox and fevers due to excessive warm humours.

It is a digestive emollient, impart toxicity to abdominal, thoracic and pelvic visceras and improves sexual potency in individuals with warm temperament. In such individuals it is also helpful in preventing nocturnal emission particularly in young persons. In all types of palpitation, rheumatic fevers and arthritic pains it proves useful in all forms as well as in all types of fevers which are due to warm humours excess.

Compound Preparations

Khamira Abresham Hakim Arshad wala, Ruh-e-Bed Mushk (include flowers), Safuf Fizzah (flowers), Arq Bed Mushk, Ma'jun Murawweh ul-Arwah.

Dosage

Fresh juice 25 ml., aqueous extract 60 ml.

Corrigent

Rosa damascena Mill. or aqueous extract of R. damascena.

Tenedium

As febrifuge Nelumbium nuciferum Gaertn., in other activities other Salix (tree) species.

Comments

In its febrifugal and analgesic activity, Salix bark has been regarded as a good substitute for Cinchona bark.

Salmalia malabarica (DC.) Schott & Endlicher

Syn.: Bombax malabaricum DC.
Family: **Bombacaceae**
Arabic Name(s): Shahrul Bant
Urdu Name(s): Mochrus, Mocha, Deokapah, Simbal
English Name(s): Salmalia gum/Silk Cotton Tree Gum

Parts Used

Gum.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

The gum also known as Supari-ka-phul has astringent, avoricious, styptic or antihaemorrhagic properties, thus frequently administered as antidiarrhoeal, antileucorrhoeal, and to stop bleeding and unwanted discharges from wounds or from internal organs. Also good avricious-aphrodisiac.

Specific Action

Astringent, styptic, avricious-aphrodisiac; anticatarrhal.

Medicinal Uses

Salmalia gum is frequently administered as single or in compound formulation to stop diarrhoea, dysentery, menorrhagia, and other affections in which astringents (like gum Kino or Catechu) are useful. In diarrhoea the gum is mixed with gul-i-dhawa (Woodfordia floribunda Salisb.), root of Lajwanti (Mimosa pudica Linn.), filaments of Lotus (Nymphaea) and rice; all are grounded to powder and administered in prescribed doses. The gum is used with Bael fruit, stem of mango, and opium in dysentery. To relieve seminal debility and premature ejaculation added with poppy seeds, asparagus and mastich. Ma'jun Mochrus is a well-known compound preparation used in leucorrhoea, menorrhagia, dries unwanted painful watery discharge of uterine and vaginal origin. Suppository moistened with the gum and kept in vaginal passage for recommended duration helps drying vaginal discharges. Included in tooth powders, it strengthens the gums and stops bleeding. In addition to the gum, tap-root, bark, flowers, fruits and seeds are also used in catarrhal affections, ulcerations, inflamed surfaces and as tonic. Extensive use of the gum may exert contraceptive action.

Compound Preparations

Ma'jun Mochrus, Safuf Habis, Safuf Kalan, Ma'jun Panba Dana, Ma'jun Zanjbil, Ma'jun Shir Bargadhwali.

Dosage

3-5 g. (approximately).

Corrigent

Spices especially of Cinnamomum spp.

Tenedium

Gum Acacia, Gum Kapok, Catechu.

Comments

The gum exudes from the bark which have been injured by decay or by insects, whereas incisions in the healthy bark does not yield the gum. Gum from Moringa oleifera Lam. is often mixed with Mochras, though similar in colour, it may readily be distinguished by its weight and solidity. Gum with similar properties name and morphology is obtained from Eriodendron anfractosum DC. or Bombax pentandrum Linn. (Capok or Kapok Tree).

Santalum album Linn.

Family: **Santalaceae**
Arabic Name(s): Khushb sandal, Sandal Abiyaz
Urdu Name(s): Sandal Safaid, Chandan Safaid
English Name(s): Sandal

Parts Used

Wood (and saw dust), oil.

Quality/Temperament

Cold and dry in third order/Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

The wood is bitter, cooling, sedative, expectorant, antipyretic, diaphoretic, diuretic, stimulant and astringent. Oil is astringent and has disinfective action on the mucous membranes of the genito-urinary and bronchial tracts. Some antifungal, antiseptic and antibacterial activity in Sandal wood oil has also been reported.

Specific Action

Cooling and tonic for the vital organs, disinfectant for the respiratory and urogenital organs.

Medicinal Uses

Medicinally the sandal wood is useful against biliousness, fever and thirst, applied as paste (in water) in rose water to inflamed swellings, to prickly and skin eruptions, to temples in headache, fevers and hemicrania and in skin diseases to allay itching, inflammations, heat and pruritis. An emulsion of the wood is used as cooling application to skin in erysipelas and prurigo. In cases of morbid thirst (sawdust) powder of wood is taken in coconut water. Watery emulsion of sandal wood with sugar, honey and rice water is given to check gastric irritability and dysentery and to relieve thirst and heat of the body. Sawdust made into pills or in cow's milk is administered in gonorrhoea, locally applied (sawdust) prevents copious perspiration. Essential oil in its pure state

is one of the main ingredient of scented hair oils and of many floral extracts. The oil is an excellent application in scabies in every stage and form. In double quantity of mustard oil, sandal wood oil is a useful application for pimples on the nose. 'Ilaj al-Ghurba' recommends a paste made of equal parts of sandal wood oil and borax with sufficient quantity of water as useful application in pityriasis versicolor and similar skin affections. Oil is also effective against chronic cough and gonorrhoea. Bark is usefully applied in erysipelas and prurigo. Syrup made from infusion of wood is effective for palpitation, tachycardia, irritation in stomach or intestines and bilious diarrhoea.

Compound Preparations

Khamira Abresham, Dawaul Misk Mo'tadil Jawahardar, Khamira Marwarid, Khamira Gaozaban Ambari Jawahardar, Halwai-Supari Pak, Safuf Kalan, Mufarreh Barid, Khamira Abresham Shira Unnab wala, Dawaul Misk Har Sada, Safuf Lodh, Khamira Sandal, Safuf Muhafiz Janeen, Sherbet Sandal, Sherbet Faryad Ras, 'Arq Gazar Ambari, 'Arq Maul Jubn, Qurs Sartan, Qurs Kafur, Ma'jun Izaraqi, Ma'jun Raig Mahi, Ma'jun Sangdana Murgh, Mufarreh 'Azam.

Dosage

5-7 g.

Corrigent

Honey.

Tenedium

Kafur (Camphor), Ushna (Parmelia perlata Esch.).

Comments

Described as depressing sexual activity if used for prolonged duration in large doses.

Sapindus mukorossi Gaertn.
Sapindus trifoliatus Linn.

Syn.: Sapindus detergens Roxb.
Family: **Sapindaceae**
Arabic Name(s): Findaq-Hindi, Sandal limoni, Ritha limoni
Urdu Name(s): Ritha, Aritho
English Name(s): Soap nut

Parts Used

Fruit.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Emetic and purgative, irritant, abortive for the dead foetus and placenta, emmenagogue, antidote for poisons produced in body (due to snake bite) nauseant, expectorant, anthelmintic, externally antidandruff, and as useful application when bruised in vinegar and applied on face for the purpose of making the skin attractive.

Specific Action

Effective against skin disorders, internally as emetic and purgative, antidote for certain disorders where toxins have been produced. Gives relief in some spasmodic nervous affections.

Medicinal Uses

The reddish brown fleshy covering of Soap nut bruised and mixed with water forms a soapy leather which is effective against common skin complaints therefore added in embrocations (Ubtan) for the purpose of beautification for relieving skin disorders like leucodermal and vitiliginous spots. In vinegar applied on ulcers and bruised and sniffing causes nausea or irritation of the nasal mucosa thus proves effective in migraine, epilepsy, headache of cold origin, facial paralysis, the intake in this way also causes sneezing, the catarrh gets out through the nostrils and condition gets calm. Pericarp or pulp, and kernel are useful in colic as expectorant and purgative as well as anthelmintic. It is said to relieve all kinds of spasmodic attacks, fits, hysteria and epilepsy. Pessaries of the kernel are useful to stimulate child birth, amenorrhoea and to expel the dead foetus. As antidotal, applied as well as administered in water every two hours against toxins, cholera and diarrhoea.

Compound Preparations

Kushta Tutiya.

Dosage

5 mg.

Corrigent

Butter, oils (almond oil) and Rosa damascena Mill.

Tenedium

Emblica officinalis Gaertn. (Amla).

Comments

Sapindus trifoliatus Linn. is also used (as Ritha). Extract of the fruit has been found to be more effective as anthelmintic than piperazine (in vitro) against Ascaridia galli worms. In diphtheria the powdered soap nut made into gargles proves highly effective. Women use to clean their teeth with its bark.

Saraca indica Linn.

Family: **Caesalpiniaceae**
Arabic Name(s): Shabuqa, Saraka Hindi
Urdu Name(s): Ashok, Ashoka
English Name(s): Ashoka tree

Parts Used

Bark (mostly), occasionally seeds, leaves and flowers.

Quality/Temperament

Cold and dry in first order/warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Bark is astringent and uterine sedative, acts directly on the muscular fibres of the uterus and exert stimulating effect on the endometrium and ovarian tissues. Flowers, juice or syrup act as fairly coolant against heat due to biliousness.

Specific Action

In uterine affections as astringent and sedative.

Medicinal Uses

Ashoka tree is considered to be feminine-specific, effective against uterine disorders. Due to the presence of tannins in aqueous extract or decoction of the bark, exert an astringent action if administered (as a draught) and desiccates the intestines. The decoction is administered in uterine affections, particularly menorrhagia due to uterine fibroids and other causes. It is also useful against internal bleeding, haemorrhoids and in hemorrhagic dysentery. Liquid extract prepared from the bark is effective against menorrhagia given in 5-7 grams to 15 grams daily in divided doses (or according to the need and weight of the patient).

Compound Preparations

The aqueous extract in Laooq (linctus) and Arqiyat (distillate preparations).

Dosage

Powder 5 g., decoction 10 g.

Corrigent

Butter and milk.

Tenedium

Bark of Acacia arabica Wild., Areca catechu Linn. (Supari).

Comments

Due to its prominent astringent action on soft tissues, the patient is advised to make the requisite preparation in milk or to use milk while using this drug to avoid unwanted desiccation of the intestines.

Saussurea lappa (Dcen.) Sch.

Syn.: Aplotaxis lappa Dcne., Aucklandia costus Falc.
Family: **Compositae/Asteraceae**
Arabic Name(s): Qust-Hindi
Urdu Name(s): Qust, Qust Shirin, Koth, Kuth
English Name(s): Costus, Arabian Costus

Parts Used

Root.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Internally used Costus has tonic effect upon the vital organs and the nerves, expectorant, exerts tonic effects on the intestines and carminative, anthelmintic, diuretic, relieves uterine pains, aphrodisiac (sex stimulant) and useful against long standing chronic phlegmatic fevers, antiseptic, prophylactic, astringent, sedative, alterative, aromatic stimulant, antispasmodic. Externally detersive, absorbent, resolvent and desiccative.

Specific Action

Stimulant, expectorant, tonic for vital organs and aphrodisiac.

Medicinal Uses

Costus is regarded as tonic for vital organs but more useful for liver and lungs. As aromatic stimulant and antiseptic its fumes are considered useful fumigation, as incense or in pestilence when the patient is fumigated with gives pleasurable sensation. Its use confines the bowels and the infusion with some cardamoms is useful in cough, asthma, chronic rheumatism and other nervous disorders, skin

diseases, fever and dyspepsia and in cholera. It is a useful antispasmodic serviceable in paralysis, facial paralysis, diphtheria, chorea, gout and sciatica and finds frequent use in preparations administered for the treatment of intermittent fevers, malaria, leprosy persistent hiccough, bronchitis and rheumatism. With honey the powdered root is applied on freckles, leucodermal conditions and vitiligo as well as in alopecia. Dried root mixed with mustard oil is applied to the scalp in prurigo. Dried powder root mixed with mustard oil is applied to the scalp in prurigo. Dried powder root is a useful hair wash and a good astringent stimulant ointment applied over wounds and severe ulcerations, for resolving tumours, and with castor oil applied to the forehead in cephalgia. In nervous disorders of painful origin applied with sesame oil or olive oil or administered internally under prescription. In spleen inflammation, dropsy, as anthelmintic and emmenagogue, powder and decoction are effective. Also used in perfumery and prevent insect attacks on clothes when kept in between them.

Compound Preparations

Dawaul Misk, Tiryaq Samania, Anqaruya-i-Kabir, Jawarish Jalinus, Halwa-i-Ghaikwar, Roghan Qust, Roghan Kalan, Sunun Kalan, Lububal-Asrar, Ma'jun Baladur, Ma'jun Talkh, Ma'jun Khadar, Ma'jun Dabeedul ward, Ma'jun Mobahee Antaki, Ma'jun Murawwehul-Arwah.

Dosage

2-3 g. (approximately).

Corrigent

Pimpinella anisum Linn. and rose petals preserve (Gulqand).

Tenedium

Chrysanthemum indicum Linn./ Anacyclus pyrethrum DC. (Pellitory root).

Comments

Saussurea hypoleuca Spreng. ex Dc. and Aplotoxis auriculata Dc. being synonyms for S. auriculata (Spreng ex Dc.) Sch. are sometimes used as substitute for S. lappa. Roots due to heavy demand are often adulterated with roots of Salvia lanata Roxb., and Ligularia spp. roots. S. lappa Clarke is regarded as the appropriate (sweet) Arabian Costus (Dymock et al.). (The acrid, hot and bitter forms described in literature have been considered as adulterated forms obtained from Orris and Aconites, Elecampane, and Qustal-bahr: the sea costus?).

Semecarpus anacardium Linn.

Family: **Anacardiaceae**
Arabic Name(s): Hab-ul-Feham, Hab-ul-Qalb
Urdu Name(s): Biladar, Bhilanwan, Bhilawan
English Name(s): Marking nut

Parts Used

Fruit juice (`Asal Baladur), pericarp and kernel.

Quality/Temperament

Pericarp and epicarp individually warm in third order and dry in first.

Functions and Properties (Pharmacological Actions)

Antiphlegmatic, nervine and muscular tonic, cephalic tonic, aphrodisiac. Juice of pericarp escharotic. Oil is antiseptic, cholagogue, stimulant, vesicant, digestive, nervine and escharotic. Kernel is nutritive, appetitive, carminative, cardiac tonic and respiratory stimulant. Bruised nut is regarded as abortifacient, caustic, emmenagogue.

Specific Action

Useful against complaints and disorders due to excess cold humours or phlegmatic disorders.

Medicinal Uses

Juice (`Asl) or gum and oil obtained from Semecarpus anacardium Linn. are powerful vesicant used in electuaries to relieve impotency, phlegmatic disorders, ulcers and sores, epilepsy, chorea, desiccative for piles, principally it is essential to treat the part used with suitable corrigent prior to its use in certain preparation. Fomentation is useful for drying the piles. Fruit (which is sweet) act as tonic, antiinflamma- tory and resolvent, it is useful against stomatitis, fevers (of phlegmatic origin) general debility and nervous disorders, paralysis, sciatica, rheumatism, palsy, epilepsy. Externally useful against syphilis, eczema, scaly skin eruptions, psoriasis, leucoderma etc., as caustic application for warts and scrofulous glands (of the neck). The detoxified nut is used against asthma and cases of pneumonia, secondary syphilis, neuralgia, and few cutaneous affections. It is a useful and powerful emmenagogue, produce good effects in dysmenorrhoea and amenorrhoea. Its draught given daily in cough caused by relaxation of the uvula and palate proves useful. Use of its (any) part increase the rate of heart beat.

Compound Preparations

Anqaruya-e-Saghir, Hab Diq ul-Atfal, Ma'jun Baladur, Anqaruya-e-Kabir.

Dosage

Pericarp 125 to 250 mg., epicarp 25 mg.

Corrigent

Oil of sesame (Sesamum indicum DC.) and Clarified Butter.

Tenedium

Oil of Balsam (Commiphora opobalsamum (L.) Engl., or of Commiphora mukul (Hook ex Stock) Engl.

Comments

Vesicant and may cause mental impairment (even insanity of temporary origin), oral gastro-intestinal irritant, high dose may cause scanty urine with red colour (i.e. tinged with blood) irritation and loose bowels with griping, skin eruptions with itching and burning. Contra-indicated in bilious temperamental individuals, pregnancy, diarrhoea, dysentery, gastritis, inflammatory diseases of the kidneys, chronic constipation. Suitable season of its administration is winter but must be used with ideal corrigent (in optimal quantity).

Sesamum indicum Linn.

Syn.: Sesamum orientale Linn.
Family: **Pedaliaceae**
Arabic Name(s): Simsim
Urdu Name(s): Kunjad, Til, Tir
English Name(s): Sesame, Gingeli seeds

Parts Used

Seeds.

Quality/Temperament

Warm and moist in second order.

Functions and Properties (Pharmacological Actions)

Fattening and nourishing, aphrodisiac, (oil) glutinous, resolvent of (cold) inflammations, styptic or antihaemorrhagic for piles, laxative, emollient and softening for skin, demulcent, lactagogue and emmenagogue, diuretic. Fixed oil is also fattening, originator of moistness, emollient (for skin-softening).

Specific Action

Seeds - aphrodisiac and fattening. Oil - fattening and originator of moistness.

Medicinal Uses

A compound decoction of seeds of Sesamum indicum Linn. with linseed (alsi) is used in cough and as aphrodisiac. Ground to a paste with water, the seeds are administered with butter for bleeding piles. Powdered seeds in 10-30 grains dose, 3-4 times daily are useful to relieve amenorrhoea or dysmenorrhoea. With sugar, opium seeds and almonds, seeds increase body weight and act as effective aphrodisiac. Seeds are frequently used in electuaries prescribed to relieve sexual debility. For asthma, cough, throat and thorax complaints seeds added with honey are given as linctus. For resolving inflammations their paste is applied and with walnut kernel, if taken internally are effective against bleeding piles. For polyuria, seeds powdered and made with cane sugar as candy are useful. For uterine inflammations sesame and linseed in decoction are applied below the navel. Decoction of leaves and root is useful for washing hairs to keep them in natural colour and sheen. Oil is used as nutritional item for cooking used in dry cough and asthma and to keep the skin soft in case of dry skin disorders. It acts as a vehicle for application of actual drugs applied against nervous disorders like rheumatism, paralysis etc. Used in ointments (marahim).

Compound Preparations

Lubub Kabir, Lubub Saghir, Roghan Amla Khas, Roghan Turb, Roghan Henna, Roghan Seer, Roghan Kuchla, Roghan Kalan, Roghan Gul Aakh, Zimad Bawasir, Qairuti Arad Krasna, Ma'jun Raig Mahi, Marham Dakhliyun.

Dosage

7-12 g. (approximately).

Corrigent

For seeds honey and when these seeds are fried and taken (or applied). For oil: extract of onion and juice of lemon.

Tenedium

Tukhm Alsi (Linum usitatissimum Linn. seeds), for oil, the oil of almonds.

Comments

Heavy for digestion, emollient for stomach. It has been considered traditionally an effective application for cutaneous lesions of leprosy, as dressing for ulcers, suppurating wounds etc. With lime water it is a useful application for burns and scalds.

Sida cordifolia Linn.

Syn.: Malva tomentosa Linn.
Family: **Malvaceae**
Arabic Name(s): Loofa, Zankh
Urdu Name(s): Beej band, Bala, Kharend
English Name(s): Country mallow, Golden clock

Parts Used

Seeds and roots, oil.

Quality/Temperament

Cold and dry in first order/cold and dry in second order (the seeds).

Functions and Properties (Pharmacological Actions)

Aphrodisiac, nervine and cardiac tonic, antiphlegmatic, antispasmodic, viscous (for semen), alterative, uterine sedative and antihaemorhagic (for piles). Oil is nervine tonic and anti-inflammatory.

Specific Action

Seeds: viscous, avoricious, and aphrodisiac. Roots: nervine and alterative tonic and anti-inflammatory. Leaves: demulcent and antihaemorrhagic. Oil: nervine tonic, anti-inflammatory.

Medicinal Uses

Beejband (seed) is extensively used by the Hakims in spermatorrhoea, nocturnal pollution, premature ejaculation, urinary infections, and to increase the viscosity of semen. In gonorrhoea, cystitis, piles, asthma and tenesmus various single as well as compound formulations are prescribed. Leaves in infusion are administered as cooling (demulcent) medicine to check high temperatures (in fevers) and bloody flukes. Fresh leaves bruised and applied to boils promote suppuration. Roots in infusion are effective in nervous and urinary disorders as well as of blood and bile. Infusion is useful in bleeding piles, haematuria, leucorrhoea, dysentery, neuralgia, paralysis, asthma and as cardiac tonic. Root bark powder with milk and sugar has been regarded as useful in micturition and leucorrhoea. Oil has been regarded effective against paralysis, hemiplegia, sciatica, emaciation, degenerative diseases and rheumatism. Decoction of root with ginger is effective against intermittent fevers. Generally the roots, leaves and seeds are regarded as stomachic and cardiac tonic having anticonvulsant and antipyretic activities.

Compound Preparations

Safuf Beej band, Safuf Sailanur Rehm.

Dosage

3 to 6 g. (approximately).

Corrigent

Honey and Pistacia lentiscus Linn.

Tenedium

Tamarindus indica Linn. seed kernel.

Comments

Excessive or large dose use may cause flatulence. Its use has been reported to cause marked and persistent rise of blood pressure.

Sisymbrium irio Linn.

Family: **Cruciferae**
Arabic Name(s): Khubba, Jaljan, Khakshi
Urdu Name(s): Khaksir, Khaksi, Khub Kalan, Shaba
English Name(s): Hedge Mustard

Parts Used

Seeds.

Quality/Temperament

Warm and moist in second order.

Functions and Properties (Pharmacological Actions)

Restorative, expectorant, stimulant, diuretic, febrifuge, anti-emetic, quenches thirst.

Specific Action

Restorative, febrifuge (disperses body heat, open the pores), antiphlogistic (reduces body heat).

Medicinal Uses

Being an effective febrifuge and antiphlogistic, Khaksir is commonly used to get rid of fevers (mostly of epidemic or contagious origin). Fried over heat the seeds are useful against persistent cough. Open the pores and help appearing symptoms of ailments which are usually expected following the attack of fever. In cholera, their decoction in rose water is useful. In fevers of viral origin, it is helpful in lessening the thirst and vomiting. Brings expectoration of humours in pectoral region thus relieve on constant use, the chronic cough, hoarseness or other relevant debilitating

conditions of the chest or vocal organs. Seeds are largely used in restorative and fattening confections.

Compound Preparations

Sherbet Khakshi (Cough syrup).

Dosage

5 to 7 g. (approximately).

Corrigent

Honey, Sikanjbin.

Tenedium

Afsantin (Artemisia absinthium Linn.), Bad award (Amberboa divaricata Kuntze.), in some actions: Cheiranthus cheiri Linn. (Todri), Chiraitah (Swertia chirata Buch. & Ham.).

Comments

Its constant use is advised in small-pox and chicken-pox or continued fevers as dilute infusion or decoction (of seeds) made over low temperature and cooled down to room temperature.

Smilax china Linn.
Smilax glabra Roxb.
Smilax ovalifolia Roxb.
Smilax zeylanica Linn.
Smilax macrophylla Roxb.

Family:	**Liliaceae**
Arabic Name(s):	Kasbussini
Urdu Name(s):	Chob-Chini
English Name(s):	China root

Parts Used

Root.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Demulcent, deobstruent, resolve and expel vicious malhumours, diaphoretic, alterative, blood purifier, tonic for vital organs, diuretic and emmenagogue, aphrodisiac, desiccative, anodyne, sedative, antiflatulent, antisyphilitic.

Specific Action

Tonic for vital organs, effective against disorders due to black bile excess.

Medicinal Uses

Chob-Chini is frequently used as blood purifier particularly when atrabilious malhumours are in excess and causing disorders like chronic headache, migraine, lack of concentration, insanity and melancholia, paralysis, chorea, dropsy, piles, and haemorrhoids, bleeding piles, obstructions and irritation in kidneys or urinary bladder, polyuria, uterine affections of spasmodic origin, rheumatism, chronic atrabilious fevers of persistent or periodic types. Though mostly used as decoction, however its electuaries, syrup and powder are also prescribed. As aphrodisiac it also finds extensive use. Undried root exerts anodyne and sedative actions. The root is boiled in milk to which mastich, cardamoms and cinnamon are added and administered orally to relieve rheumatism, gout, epilepsy and chronic nervous diseases, seminal weakness and syphilis.

Compound Preparations

Ma'jun Chob-Chini, Arq Ushba, Arq Maul Laham Ambari Ba Nuskha Kalan, Ma'jun Shir Bargadh Wali, Ma'jun Ushba, Ma'jun Murawweh ul-Arwah.

Dosage

6 g. (approximately).

Corrigent

Anar Shirin (Punica granatum Linn. Sweet variety).

Tenedium

Smilax aspera Linn./Smilax ragelli Linn./Hemidesmus indicus R. Br. (Ushba Hindi).

Comments

Smilax aspera Linn., S. lanceafolia Roxb., S. glabra Roxb. are also used in place of S. china Linn. Medicinally other valuable species e.g. S. ovalifolia Roxb. has also been utilized.

Solanum miniatum Bernh. ex Willd.

Syn.:	Solanum nigrum Linn., Solanum nigrum Linn. ssp. alatum Moench.
Family:	**Solanaceae**
Arabic Name(s):	'Anbul Saalab, Sabrinah
Urdu Name(s):	Mako, Kanwah Kothi, Gach mach, Karmachu,Tekhankai, Pat-Pirun

English Name(s): Black night shade

Parts Used

Leaves and fruit (berries).

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Alterative repercussive, sedative, febrifuge, demulcent, diaphoretic, diuretic, resolvent of (warm) inflammations, hydragogue, expectorant, locally anodyne.

Specific Action

Alterative, diuretic, repercussive, sedative, anodyne.

Medicinal Uses

The dried berries of Mako are used in inflammations of liver, and abdominal viscera, in dropsy and anasarca administered systemically as well as locally. Similarly the leaves' juice or leaves as poultice are added with other suitable drugs and either given for such conditions internally as well as employed locally as poultice, in skin diseases, rheumatic and gouty joints, these preparations prove very effective. Freshly prepared juice in recommended doses is also of benefit in gonorrhoea, inflammatory swellings and chronic cirrhosis (enlargement) of liver and spleen. Freshly prepared syrup of the plant or berries is a useful cooling drink in fevers, promotes perspiration (act as diaphoretic) and reduces fevers. Leaves are made warm and applied to painful and swollen testicles. Decoction of berries and flowers is considered as useful against cough. In burning sensation and burns or boils, in wounds from which secretions are coming out and in cancerous or ulcerated wounds its paste is applied. In diphtheria, tonsillitis and inflammations of tongue added with Cassia fistula seeds kernel or pulp and used as gargles. In eyes and ears infection warm water from leaves is used as drops.

Compound Preparations

Zimad Kabad, Sherbet Babunah, Zamad Mohalil, Dawai Abzan, Dawai-Gharghara, Ruh-e-Mako, Arq Biranjasif, Arq Gaz, Arq Maul-Jubn, Arq Maul Lahm Mako Kasni Wala, Kushta Ras Kapur.

Dosage

Dried fruits 5-7 g. (approximately).

Corrigent

Honey.

Tenedium

Physalis alkekengi Linn. (Kaknaj) and for external use Atropa belladonna Linn. (Luffah).

Comments

It is interesting to note that the berries in our area are not found as black usually, but usually found as red or dark orange in colour. In large doses these may be harmful.

Solanum surattense Burm.

Syn.: Solanum xanthocarpum Schrad & Wendl.
Family: **Solanaceae**
Arabic Name(s): Hadaka, Fashakh, Deolatah
Urdu Name(s): Katai Khurd, Bhat Kattiya, Kateli Khurd, Kaanderi, Badinjan-barri
English Name(s): Wild Egg Plant

Parts Used

Fruit and leaves, whole plant and root.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Purgative, blood purifier, anthelmintic and vermifuge, alterative, nasal drops are effective as antiepileptic, for hysterical affections, expectorant, antiphlegmatic, useful against phlegmatic fevers. Root diuretic, expectorant and febrifuge.

Specific Action

Purgative, blood purifier, alterative (in phlegmatic disorders).

Medicinal Uses

Being purgative of excessive phlegmatic malhumours, Katai Khurd with other suitable herbal products administered in gonorrhoea, leprosy and with black pepper in rheumatism as decoction of whole plant or as infusion and syrup with Swertia chirayta Buch. & Ham. and ginger as alterative and febrifuge in fevers of warm phlegmatic origin. Dry fruit or seeds prove active against toothache due to pyorrhea and worms, as expectorant in whooping cough, pertussis, asthma and bronchitis. Decoction of the plant is regarded as general blood purifier and acts as anthelmintic for stomach and intestinal worms. The dry fruit powder with honey is useful against chronic cough in children. In phlegmatic fevers and in poorly diagnosed painful excessive phlegmatic

conditions, its decoction is prescribed as alterative with success. Use of plant or specific part in prescribed doses is said to be of service in promoting conception. Syrup made of the plant extract administered as nasal drops gives relief in epileptic and hysterical attack. Generally the root decoction with Gilo Tinospora cordifolia (DC.) Miers. is administered as tonic in phlegmatic fevers and cough.

Compound Preparations

Matbukh Haft Roza, Arq Dasmol.

Dosage

Powder 1-2 g., decoction: 5-7 g.

Corrigent

Piper nigrum Linn. (Black Pepper).

Tenedium

Picrorhiza kurrooa Royle ex Benth. in recommended doses (as alterative).

Comments

The cultivated Egg plant (Baingan) is considered to be the large variety of Solanum xanthocarpum Schrad. & Wendl. (Katai Khurd) and identified under the name Solanum melongena Linn., referred as the cultivated form of S. incanum Linn. Syn. S. coagulans Forssk. (Punir band). Plant's use in recommended doses (under Hakim's prescription) for specified duration is considered effective in promoting conception.

Sphaeranthus indicus Linn.

Family: **Compositae/Asteraceae**
Arabic Name(s): Najirul Hindi
Urdu Name(s): Mundi, Gulmundi
English Name(s): Globe Thistle

Parts Used

Flowers and whole herb.

Quality/Temperament

Warm and moist in second order.

Functions and Properties (Pharmacological Actions)

Tonic (nervine), deobstruent, antibilious alterative, resolvent and dispersive of tumours, blood purifier, aphrodisiac, immunostimulant, bitter stomachic, root and seeds possess anthelmintic activity.

Specific Action

Alterative, blood purifier (immunostimulant).

Medicinal Uses

Mundi is effective generally as antibilious, but also having efficacy against atrabilious ailments thus prescribed as cardiac and nervine tonic, and blood purifier. Stimulates the retentive power of the intestines, thus helpful against diarrhoea. As nervine tonic relieves cardiac debility, melancholic disorders, weakness of the brain function etc. where in such conditions preparation of herb is made like Rose-water or its syrup is prepared. The flowers (Gul-mundi) are employed internally as well as externally in chronic skin ulcerations, irritation, scabies, ringworm and other eruptive skin ailments due to blood disorders. Root is used as stomachic and anthelmintic given as powder in prescribed doses. Seeds have the same properties and are useful against worms and indigestion, given with honey to relieve cough. Leaves dried in shade and their powder given in prescribed doses prevent skin diseases as antisyphlitic and also as nervine (sedative) tonic.

Compound Preparations

Itrifal Mundi, Tiryaq-i-Faruq, Sherbet Ushbah Khas, Arq Murakkab Musaffi Khun, Arq Mundi, Ma'jun Mundi.

Dosage

5-9 g. (approximately).

Corrigent

Water/diluted extract of Eclipta prostrata Roxb. (Bhangra).

Tenedium

Tephrosea purpurea (L.) Pers. (Sarphuka) and Echinops echinatus Roxb. (Brahmdandi/yellow thistle).

Comments

The gastrointestinal reactions in large doses may be caused in hot tempered constitutions.

Strychnos nux-vomica Linn.

Family:	**Loganiaceae**
Arabic Name(s):	Azaraqi, Aishul-Ghurab, Aljoz-al Muqi
Urdu Name(s):	Kuchla, Al-Muqsa, Hab ul-Ghurab, Kagphala, Hab ul-Jarab, Zehar Kuchlo
English Name(s):	Nux vomica, Poison nut

Parts Used

Seeds and bark.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Nervine tonic, cerebral stimulant and resolvent, stomach and bladder tonic, aphrodisiac, emollient, laxative. Increases the peristaltic movement of intestines. Regarded as best treatment (as replacement therapy) for drug dependence, desiccative for piles. Also expectorant and antiphlegmatic, blood purifier.

Specific Action

Nervine tonic.

Medicinal Uses

In nervous and phlegmatic disorders Nux vomica is a highly reputed medicine. A common remedy for facial paralysis, paralysis, palsy, gout, rheumatism, sciatica, backache, digestive debility and impotency. It increases the peristaltic movement of the intestines, thus relieves constipation. Useful in proper formulation against polyuria due to age factor (prostates). Helpful in getting rid of the habit of drugs (dependence). Due to its resolvent action, it allays the bubonic plague when applied externally, also applied as powder on piles in irritation. It is a toxic drug and is used following attenuation.

Small doses of the seeds with aromatics given in cholera, drops of the extracted juice given in dysentery and cholera. Seeds are also used as emetic. Infusion of the bark is given in epilepsy, also the bark is used in treatment of ulcers (as aplication). On the inflammations (lymphs) of plague, the seeds are massaged, in rheumatism fried into sesamum oil, the oil is massaged over the painful parts. Effective in constipation due to intestinal debility.

Compound Preparations

Hab-Azaraqi, Ma'jun Azaraqi, Ma'jun-Lana, Neoba, Hab-e-Khas, Hab-e-Fauladi, Hab-e-Marwaridi, Dawai-Dipti Saheb, Roghan-Surkh, Roghan Kuchla, Ma'jun Azaraqi.

Dosage

125 to 250 mg. approximately.

Corrigent

Sugar, mucilaginous articles and oils.

Tenedium

Semicarpus anacardium Linn. (Bhilawan).

Comments

Non-attenuated is a drastic poison (in approximately 3 g.).

Styrax benzoin Dryander

Family: **Styraceae**
Arabic Name(s): Batatis Alyaban, Astarak, Javi
Urdu Name(s): Loban, Kamkam
English Name(s): Benzoin, Gum Benzoin

Parts Used

Balsam resin.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Antiseptic disinfectant, absorbent, detergent, liver and digestive stimulant, expectorant and purgative of phlegm, effective in phlegmatic disorders, aphrodisiac, relieves fever.

Specific Action

Resolvent of inflammations due to excess of phlegm, antiseptic, aphrodisiac.

Medicinal Uses

Benzoin is used as aromatic, antiseptic and disinfectant incense, largely used in medicine as aromatic stimulant, expectorant and styptic. Included in ointments as antiseptic, as absorbent to dry the wounds. As detersive included in make up (Ubtan) preparations to beautify the skin and improve the complexion. In facial paralysis, palsy, gout and rheumatism as stimulant included in massage preparations and in formulations administered internally to relieve phlegmatic inflammatory disorders which are symptomatically of phlegmatic origin. Being expectorant and purgative of phlegm given to relieve chest affections particularly phlegmatic cough, phthisis, asthma and bronchitis. In powder form administered to relieve fever. Mixed in suitable oil used as ear drops to alleviate earache which arises under cold affects. As liniment and in oral preparations administered as aphrodisiac. Applied over cut surface and wrapped acts as styptic, also an effective application to foul and indolent ulcers.

Compound Preparations

Tiryaq-e-Faruq, Hab Shabyar, Hab Mi'a.

Dosage

250 mg. - 1 g. (approximately), benzoic acid: 125 mg. (approximately).

Corrigent

Viola odorata Linn. oil and Lactuca sativa Linn.

Tenedium

Pistacia mutica Fish & Mey (Mastiche).

Comments

Traditionally used as incense, its vapours used as deodorant, antiseptic in rooms of sick, hospitals and to keep the atmosphere clean and aromatic at the religious places as well as in shrines. In combination with alkalis (ammonia, potash and soda making benzoates) administered as diuretic and useful in dropsy and gout. Excessive use or frequent inhalation of its vapours is harmful for individuals having warm temperament. Benzoin is also obtained from the balsamic resin of incised stem of Styrax paralleloneurus Perkins.

Swertia chirata Buch. & Ham.

Syn.:	Ophelia chirata Griseb
	Gentiana Chirata Roxb. ex Flem.
Family:	**Gentianaceae**
Arabic Name(s):	Zakr al Qassari, Qasb al-Zarirah
Urdu Name(s):	Chiraitah, Povai, Karayito, Chirata
English Name(s):	Chirata, Chiretta

Parts Used

Flower and above ground parts.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Antiseptic, diuretic, febrifuge, stomachic, anthelmintic, laxative, alterative (blood purifier), hypnotic, aphrodisiac and emmenagogue. Excites appetite and reduces hyperacidity, removes biliousness.

Specific Action

Alterative (antiperiodic and blood purifier) for malarial fevers (associated with chief symptom - dyspepsia).

Medicinal Uses

Chirata is credited to have all the stomachic, tonic, febrifuge and antidiarrhoeal virtues which are ascribed to gentian. It is generally believed by experts that lesser the bitterness the lower is the efficacy, thus sweet varieties (i.e. not bitter) considered to be devoid of desired therapeutic activity. Chirata is regarded by the Hakims as blood purifier and thus effective as infusion in syphilis, gonorrhoea, itching, scabies, inflammations, ulcers of the skin and related cutaneous disorders. Being stomachic given in flatulence, indigestion and diarrhoea. Useful to relieve convalescence following such ailments. Decoction and infusion both are effective in old-fevers and seasonal fevers with other suitable drugs. As resolvent of inflammations applied locally or administered internally. Its potential is either lost or reduced over the fire, therefore it is advised to prescribe infusion rather than the decoction. As household remedy given in calculous affections, to promote delivery and applied as poultice over the paralyzed limbs and rheumatic swellings.

Compound Preparations

Roghan Kalan, Arq Murakkab Musaffi Khun, Ma'jun Juzam, Jawarish Jalinus, Jawarish Zar'uni Ambari Ba Nuskha Kalan, Roghan Suranjan.

Dosage

5 to 7 g.

Corrigent

Pimpinella anisum Linn. and gum of Pistacia mutica Fish & Mey or Pistacia terebinthus var. mutica Aitch. (Kabli Mastagi).

Tenedium

Cicer lens/Lens esculenta Moench. Syn. for Lens culinaris Medic (Masur), Fumaria indica (Haussk.) Pugslay. (Shahtara).

Comments

Excessive use is harmful for low back.

Symplocos racemosa Roxb.
Symplocos chinensis (Lour.) Druce

Syn.:	Symplocos crataegoides Ham. ex D. Don., Symplocos paniculata (Thunb.) Miq., Myrtus chinensis Lour.
Family:	**Symplocaceae/Styraceae**
Arabic Name(s):	Satrak, Joz al Qini

Urdu Name(s): Lodh Pathani, Lodh
English Name(s): Lodh tree, Lotur bark

Parts Used

Bark.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Astringent for all types of (abnormal) secretions from body, viscous aphrodisiac, arrest abnormal uterine and spermatorrhoeal discharges, anti-inflammatory and pain relieving in eye affections particularly in ophthalmia.

Specific Action

Anti-inflammatory and pain relieving in ophthalmia, astringent for abnormal secretions of urogenital organs.

Medicinal Uses

In ophthalmia, the paste of Lodh bark is applied around the eyes. The Lodh bark with liquorice and burnt alum, roasted in water and made into paste is applied in the same manner to relieve pain and subside inflammation. With other suitable drugs tied in a piece of cloth dipped in water and the wet infusion produced in cloth is rubbed over the eyes. Being useful astringent for urogenital organs administered in excessive bleeding in menses, dysentery, diarrhoea, in piles, micturition, gonorrhoea, leucorrhoea, in cases of menorrhagia due to relaxation of the uterine tissues (for 3-4 days), in looseness of the bowels, in dropsy, liver complaints, fevers and ulcers. Bark in decoction is used for gargles to strengthen the spongy or bleeding gums, also mixed with Cyperus rotundus and honey for application to the bleeding gums. Included in electuaries and powders which are prescribed as aphrodisiac (to impart functional strength to seminal vesicles) also as uterine tonic. Bark finely powdered and included in some vehicle (oil) is dropped into ears to stop abnormal discharge (associated with or without pain).

Compound Preparations

Safuf Sailanur Rehm, Safuf Khas, Kushta Para, Dawai Khas, Safuf Lodh, Safuf Kalan, Ma'jun Sohag Sonth.

Dosage

1 to 2 g.

Corrigent

Aqua distillate of Solanum nigrum Linn. (Mako-Sabz) and Cichorium intybus Linn. (Kasni).

Tenedium

Halilah Zard (Terminalia chebula Retz Yellow Myrobalan).

Comments

Bark of other plant found in Pakistan i.e. Symplocos chinensis (Lour.) Druce also considered as indigenous substitute for S. racemosa Roxb. and used as analgesic, anti-inflammatory, antipyretic and muscles relaxant (myorelaxant).

Syzygium aromaticum (Linn.) Merr. & Perry
Eugenia caryophyllata Thunberg.
Eugenia aromatica Baill.

Family: **Myrtaceae**
Arabic Name(s): Qaranfal
Urdu Name(s): Long, Qaranful
English Name(s): Clove

Parts Used

Flower buds.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Alexipharmic, aromatic stimulant, cephalic, antiseptic whether administered internally or applied locally, flavouring, tonic and astringent for gums, pectoral, cardiacal, digestive adjunct to some medicines.

Specific Action

Aromatic carminative, antiseptic, stimulant.

Medicinal Uses

Cloves oil, the major ingredient of cloves is classed as a stimulant flavour, commonly employed as a toothache remedy that is applied topically to dental cavities as required. The oil possesses antiseptic, counter-irritant and carminative properties. Oil with particularly high content of eugenol is used in commercial production of vanillin - the source of vanilla. The oil on external application to skin and mucous membrane exhibit irritant, rubefacient, and slightly analgesic

actions. Employed as local analgesic for hypersensitive dentine, cavities or exposed tooth pulps. The oil also possesses useful preservative properties. Mixed with zinc oxide, it is used as a temporary anodyne dental filling and as preservative and flavouring agent in over the counter sales products.

Compound Preparations

Jawarish Jalinus, Jawarish Shahr yaran, Khuban, Arq Amber, Neoba, Jawarish Ood Shirin, Sherbet Mawaiz, Ma'jun Supari Pak, Ma'jun Khadar, Mufarreh Kabir, Naushdaroo-i-Sada.

Dosage

0.5-1 g., oil 0.5-1.0 ml. (approximately).

Corrigent

Gum Acacia and cold and moist articles.

Tenedium

Cinnamon (Darchini) and Ocimum basilicum Linn. (Tulsi) (thrice of its weight).

Comments

Repeated (local) application in toothache (or carious tooth) may damage the gingival tissues. The active principal may also exert toxic affects in excessive doses. Eugenol is regarded as anaesthetic, fungicide, larvicide and eugenol acetate as antispasmodic. Large doses or excess nutritive (as spice) intake is described as harmful for kidneys and intestines.

Syzygium cumini (L.) Skeels

Syn.: Eugenia jambolana Lam., Eugenia cumini (L.) Druce Myrtus cumini Linn.

Syzygium jambos (L.) Alston

Syn.: Eugenia jambos Linn. (i.e. Rose Apple)
Family: **Myrtaceae**
Arabic Name(s): Kabrit ul- zanikh
Urdu Name(s): Jamun, Jammun
English Name(s): Jambul

Parts Used

Seed kernel, bark.

Quality/Temperament

Cold and moist in second order.

Functions and Properties (Pharmacological Actions)

Stomach and (warm) liver tonic, appetite stimulant, astringent, febrifuge. Fruit and juice is stomachic, diuretic and antidiabetic. Extract of whole fruit or as vinegar is effective against bilious
diarrhoea.

Specific Action

Stomach and liver tonic, antidiarrhoeal, antidiabetic.

Medicinal Uses

Extract or infusion as such or as vinegar of Jamun is used as tonic for (warm) liver and stomach and to induce appetite, effectively subside the organ's (digestive) extra heat and inflammations. The preparation is also effective against bilious and bloody diarrhoea. In chronic diarrhoea ripe fruit's seed kernel, seed kernel of Mangifera indica Linn. and Chebulic myrobalan are fried and made into powder and administered with success. Powdered seeds are used in diabetes (and polyuria in aged persons) where it diminishes the sugar in urine and allays thirst (in diabetic patients). Fruit is a useful diet in convalescence after diarrhoea and dysentery. Dried fruit and powdered seeds are effective in enlargement of spleen and as diuretic in case of scanty urination. Bark with other astringents is made into decoction in cases of chronic diarrhoea, as gargles for spongy gums and loose teeth, stops bleeding from the gums and relieves sore throat.

Compound Preparations

Kushta Faulad Sard, Daolabi.

Dosage

Seed 2 g., pulp 25 g.

Corrigent

Piper nigrum Linn. and common salt.

Tenedium

For Syzygium cumini (L.) Skeels, Syzygium jambos (L.) Alston is the tenedium and vice-versa.

Comments

Employed generally for procurin hypoglycaemic activity.

Tamarindus indicus Linn.

Family: **Caesalpiniaceae**
Arabic Name(s): Tamar Hindi
Urdu Name(s): Imli, Tamar-Hindi, Gadamri
English Name(s): Tamarind

Parts Used

Pulp of ripe fruit, seeds, leaves and flowers.

Quality/Temperament

Cold and dry in first order/cold in first, dry in second order.

Functions and Properties (Pharmacological Actions)

Antibilious, febrifuge and purgative for phlegm, refrigerant and active against blood heat, carminative, digestive, antiscorbutic. Leaves seeds and flowers are cooling astringent and antibilious, antinauseant, antiemetic.

Specific Action

Febrifuge and purgative of phlegm, antibilious, digestive.

Medicinal Uses

Sweet syrup made of pulp of Tamarind in summer season is effective against bilious fevers, to get rid of bile from the body, to quench the thirst and as refrigerant. For the relief of vomiting and nusea, pulp syrup is useful. In scabies and pruritis added with aloe and made into pills, administered to alleviate the situation, these pills are also effective against palpitation of bilious origin. Cardiac and stomach tonic, brings tranquillity in high tension state of the individual. It is effective in removing the toxicity which remains in the body after an epidemic or viral fever. Acts as antiscorbutic, but a depressant of reproductive system and sexual function. Seeds and leaves are regarded as astringent and avoricious and active against nocturnal pollution and spermatorrhoea, and therefore seeds are made into powder and included in electuaries. Flowers are astringent and sedative and their poultice is binded over the eyes in ophthalmia. Water in which leaves are left for considerable time and in which red hot iron piece is cooled down, is administered in bloody diarrhoea. Leaves juice with sugar is useful against dysentery, piles and burning sensation in urination, gargles are effective against aphthous mouth. In infants and childrens constipation, tamarind preserve is useful.

Compound Preparations

Jawarish Tamar Hindi, Sherbet Tamar Hindi, Murabba Imli, Qurs Abiaz, Ma'jun Sandal.

Dosage

25-50 g. approximately (syrup made into this quantity).

Corrigent

Zizyphus jujuba Mill., and sugar.

Tenedium

Prunus bokhariensis Schn. and Berberis lycium Royle (as antibilious and febrifuge).

Comments

Sex depressant and may cause cough due to its cold faculty. Continued use for long-time in adult males is considered harmful for sexual function.

Tamarix dioica Roxb. ex Roth.

Family: **Tamaricaceae**
Arabic Name(s): Turfa, Bigm Atal
Urdu Name(s): Jhao, Gaz, Tarfa, Pilchi, Lai jo Wann, Gazkera, Kirvi,Kohr-a-gaz, Kotiro, Kirri, Sakar, Shakargaz, Gazaz, Siah gazz
English Name(s): Tamarix, Tamarisk

Parts Used

Leaves burnt into ash (Namak Jhao), gum or galls.

Quality/Temperament

Cold in first order, dry in second order.

Functions and Properties (Pharmacological Actions)

Bark, galls and twigs are used in medicines generally as astringent, the manna as detergent and aperient. The bark is bitter, astringent and tonic. The twigs and leaves are regarded as vulnerary, carminative (ash), hepatoprotective (resolvent of hepatic and splenic inflammations), diuretic. (Ashes of this small tree when it grows near/beside river banks, contains appreciable quantities of sulphate of soda).

Specific Action

Ash acts as carminative, diuretic, resolvent of hepatic and splenic inflammations and enlargements (as hepatoprotective).

Medicinal Uses

Tamarix bark and galls are recommended in diarrhoea, dysentery, and pectoral affections (particularly cough). Externally applied as ointment on ulcers, piles and anal-fistula/anal fissures. Generally the Tamarix species are good

astringent, used in leucorrhoea, spleen troubles etc. and their galls with suitable adjuncts applied in leucoderma. Locally all the parts of plant act as desiccative, resolvent and sedative. On the site of inflammations it acts as aperient and resolves the inflammations slowly. Drinking water in bowl made of Tamarix wood is beneficial against splenic inflammations. Patients of leucorrhoea gain relief if sit in the decoction made of the root and leaves of Tamarix.

Therapeutic response of infectious hepatitis is found better when a preparation of Tamarix (namely Icterene) is used. Liver disorders, even jaundice of common origin is effectively controlled by using this preparation, prescribed by traditional and modern system practitioners simultaneously.

Compound Preparations

Hab Paichish, Safuf Chob Gazwala (T. dioica), Dawai Khas (T. gallica), Dawai Gharghara (T. gallica), Zarur-e-Mujaffif (T. gallica), Arq Gaz (T. gallica), Ma'jun Chobgazwali (T. gallica), Ma'jun Raig Mahi (T. orientalis), Ma'jun Kalan (T. orientalis), Safuf S`alab.

Dosage

5 g. (ash of leaves).

Corrigent

Honey and oily substances/articles.

Tenedium

Gulnar (Punica granatum Linn. flowers).

Comments

Described as harmful for stomach (in large doses or on prolonged use or excess). Tamarix pakistanica Qaiser & Ali species is also utilized as an antidiarrhoeal.

Tephrosia purpurea (Linn.) Pers.

Syn.:	Cracca purpurea Linn., Tephrosia hamiltonii Drumm. ex Gamble
Family:	**Papilionaceae**
Arabic Name(s):	Bahur al barir, Deedhak
Urdu Name(s):	Sarphoka, Jhojhro, Sarphoka, Mairo, Jhana Buti
English Name(s):	Yellow Thistle/Purple Tephrosia

Parts Used

Above ground parts and root bark.

Quality/Temperament

Warm and moist in first order.

Functions and Properties (Pharmacological Actions)

Blood purifier, alexipharmic and preventive for toxicity or side effects which might occur following the administration of Kalx (Calcined preparations or Kushta-jat), diuretic, alterative (in intermittent fevers) and for bloody piles.

Specific Action

Blood purifier against chronic skin disorders, alexipharmic and protectant against inorganic ionized preparations` after effects.

Medicinal Uses

Purple Tephrosia is regarded as effective against long standing chronic skin disorders, itching, scabies, prurigo, pimples, furuncles and boils, leprosy and gonorrhoea. In these disorders, decoction and infusion are administered. It acts as blood purifier and diuretic in these complaints. As antidote and detoxicant it has esteemed position in nullifying the toxicity of certain poisons either taken orally (medicinally) or produced due to infections, insect bites etc. Particularly useful against Kalx's side effects, infectious disorders of long duration (as alterative) and as preventive following abortion and when administered as leaves' extract. About 100 grams leaves along with 60 grams leaves of Cannabis are made into powder given for 40 days in 4-6 grams daily dose proves effective against bloody piles. Paste made with 7 grams leaves with 5 numbers of black pepper applied once daily is effective for resolving breast inflammations. Similarly fresh root bark with black pepper is effective against flatulent dyspepsia. Powder of root with black pepper is useful against enlargements and obstructions of the liver, spleen, kidneys and enlarged scrotum. Infusion of seeds is employed as anthelmintic for children. Root decoction is useful as mouth wash.

Compound Preparations

Sherbet Murrakab Mussafi Khun, Hab Musaffi Khun, Safuf Khas.

Dosage

7 g. (approximately).

Corrigent

Echinops echinatus Roxb. (Brahmdandi).

Tenedium

Sphaeranthus indicus Linn. as blood purifier and Artemisia absinthium Linn. as alterative.

Comments

Tephrosia apollinea (Delile) Link. Syn. Galega apollinea Delile (root bark) is also used as anticonstipatory in children and the aerial portions of the plant crushed made into extract and used as soap to wash clothes. (The above mentioned species T. purpurea (Linn.) Pers. has also been discussed in some books under the title name of Galega purpurea Linn.).

Terminalia arjuna Wight &Arn.

Family: **Combretaceae**
Arabic Name(s): Bakhur al Sudan, Arjunah
Urdu Name(s): Arjuna, Kowah, Saj, Arjan, Jumla, Arjun
English Name(s): Arjun, Arjuna Myrobalan

Parts Used

Bark.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Astringent, cardiotonic, alexiteric, styptic, antidysenteric. In application of great benefit in bruises and bone fractures of less severe condition. Effective against polyuria. Bark is also (bitter) expectorant, aphrodisiac and diuretic, useful against biliousness. Decoction of bark is antiseptic.

Specific Action

Internally cardiotonic; externally healing bruises, contusions and mild bone fractures.

Medicinal Uses

In fractures and contusions, powdered bark of Arjun is recommended to be taken internally as decoction in milk. In cardiac ailments, decoction of bark (about 12 grams) in about 250 ml of milk and 250 ml of water is regarded of much benefit. The water soluble portion of the alcoholic extract of bark experimentally increase the force of contraction of the heart. Intravenous administration of the aqueous extract of dried bark reported to decrease blood pressure. Use of the bark also brings diuretic effect, allay thirst and relieve fatigue, indicated in angina, palpitation, skin darkening. Bark decoction is also effective as wash in ulcers, and chancres. In bruises, paste of the bark in water is applied, it acts as styptic and pain reliever. It is helpful taken internally or applied in cases of mild fractures, decoction is effective against micturition. Approximately 15% tannin

present in the bark also imparts it an astringent activity in diarrhoea when used as a luke warm decoction.

Compound Preparations

In Unani system of medicine it is used as simple herbal drug (mufrad) for its various preparations. Beside that bark paste, leaves paste and decoction of the bark is also utilized as bandage.

Dosage

1 to 3 g. (approximately).

Corrigent

Clarified Butter.

Tenedium

Digitalis purpurea Linn. (in cardiac ailments).

Comments

The more the whitish colour of the bark, more it is effective.

Terminalia belerica Roxb.

Family: **Combretaceae.**
Arabic Name(s): Balilah, Balilaj
Urdu Name(s): Bahira, Balilah
English Name(s): Beleric myrobalan

Parts Used

Fruit.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Digestive, detersive, astringent, tonic for the digestive tract, laxative, antibacterial (against Micrococcus pyogenes variety aureus and Escherichia coli).

Specific Action

Tonic for the digestive tract.

Medicinal Uses

Beleric myrobalan is an essential ingredient of triphalas (Itrifalat: Three fruit formulae) which are effective in ailments associated with diseases of brain, eyes, nose, and ears mainly caused due to digestive upsets. They are also effective against constipation and strengthen the stomach and intestines. The fruit is useful in diarrhoea, dropsy, piles, enlargement of spleen and in fevers. Dried pulp is useful for

sore throat, cough, hoarseness and dyspepsia and indigestion. Half ripe fruit is considered purgative, when fully ripe-astringent. Made into fine powder and applied as collyrium is useful for shingles or herpes. Also used internally or applied on piles for relief.

Compound Preparations

One of the essential component of Itrifal (three fruits). Carmina, Itrifal Ustukhudus, Ma'jun Jograj Gugal, Jawarish Finjnosh, Hab Hiltit, Ma'jun Juzam, Ma'jun Chob Gazwali, Ma'jun Khubs al-Hadid, Ma'jun Ushba, Ma'jun Kalkalanj, Ma'jun Muqil, Ma'jun Mundi, Ma'jun Mochrus, Ma'jun Halila.

Dosage

5 to 8 g.

Corrigent

Honey or sugar.

Tenedium

Amla (Phyllanthus emblica Linn.), flower buds of Henna (Lawsonia inermis Linn.), Halila Siyah (Terminalia chebula Retz.).

Comments

As single remedy or in compound (Itrifal), its prolonged, uninterrupted use is not advised. If such treatment is desired (i.e. long duration treatment is required) interval of 3-4 days is considered appropriate. As regards recommended duration of the use of prescribed preparations no adverse reaction is caused in normal individuals.

Terminalia chebula Retz.

Family: **Combretaceae**
Arabic Name(s): Ihlilaj Kabli, Halilaj
Urdu Name(s): Halilah, Harr, Hareer, Halila Zard, Halila Siyah
English Name(s): Chebulic Myrobalan

Parts Used

Fruit.

Quality/Temperament

Cold and dry in first order.

Functions and Properties (Pharmacological Actions)

Alterative, antidiarrhoeal, absorbent, astringent, aperient, carminative, stomachic, ripe fruits have purgative effects on humours.

Specific Action

Astringent, stomach and brain tonic.

Medicinal Uses

Fried fruit of Chebulic myrobalan is effective astringent and acts as antidiarrhoeal. In bloody piles it is also useful. Though having astringency but gets the body rid of melancholic, phlegmatic and bilious waste matters (humours) through purgation. Therefore it is used as purgative of humours and corrective of liver functions. Its preserve (Murabba) is useful in eye complaints and constipation which cause harm to piles. Being absorbent of extra humoural matter or catarrhs, and tonic for stomach, it is major ingredient of Itrifals. As restorative of sexual potency, in rainy season it is used with table salt, in autumn with sugar, in spring with honey and in summer season with jaggery (cane juice solidified) is useful. The pericarp bruised in fennel water and applied in eyes strengthens the eyesight. Ailments like cough, asthma, urinary complaints, flatulence, colic, enlarged spleen and liver are treated by Itrifals containing chebulic myrobalans.

Compound Preparations

Ghutti, Itrifal Kishnizi, Itrifal Kabir, Hab Haltit, Sherbet Mushil, Ma'jun Kalan, Ma'jun Nisyan, Binger, Itrifal Zamani, Itrifal Mulayyin, Hab Miskeen Nawaz, Ma'jun Khadar, Ma'jun Mochrus, Itrifal Qanbeel, Jawarish Shahi, Sherbet Murakkab Musaffi Khun, Ma'jun Mundi, Safuf Halela, Jawarish Shahinshahi Ambaren, Ma'jun Ushba, Ma'jun Murawehul-Arwah, Mufarreh Azam.

Dosage

5-7 g. (approximately).

Corrigent

Zizyphus vulgaris Linn. (Unnab), Cordia latifolia Roxb. (Sapistan).

Tenedium

Terminalia belerica Roxb. (black variety, Bahera), Cuscuta reflexa Roxb. seeds (Aftimun), Artemesia absinthium Linn. (Afsantin).

Comments

It is one of the major component of all itrifilat. Prolonged or continuous use as simple or in compound preparations is not advised.

Thalictrum falconeri Lecoyer

Syn.: Thalictrum foliolosum DC.
Family: **Rununculaceae**
Arabic Name(s): Babunay Almasakin
Urdu Name(s): Piaranga, Asprak (Persian), Gurbiani
English Name(s): Gold Thread

Parts Used

Root.

Quality/Temperament

Warm and dry in third order/warm in second order, dry in third.

Functions and Properties (Pharmacological Actions)

Analgesic, resolvent of inflammations, stomach tonic, expectorant of phlegm, antidotary for toxins produced in cholera and to alleviate the situation, aperient, tonic for the intestines and febrifuge. Also effective as anti-inflammatory in liver disorders, antiflatulent.

Specific Action

Antidotary for toxins produced in cholera, aperient and tonic for digestive system.

Medicinal Uses

Gold Thread is used in digestive tract ailments where poisoning occurs or where purification of waste nutritional products is required. It thus acts as deobstruent and aperient relieves visceral obstructions and flatulence. As collyrium, it clears the eyesight. Cold infusion of the root is used as lotion in ophthalmia. Bruised in aqua Rosa damascena Mill. given after every motion in cholera and continued for some hours with suitable duration ever after the motions are stopped. To resolve and alleviate pain in cold inflammations and local hard swellings, applied on the affected areas. In pleurisy, bronchitis and asthma administered with suitable herbal products. Snuff prepared from the root clears the brain of excess malhumours, administered in coryza, toothache and sensation of gums pain due to excessive malhumours in cephalic region. The water extract acts gently on the bowels and proves useful against intermittent fevers and convalescence from acute diseases.

Compound Preparations

As Jawarish along with rose petals.

Dosage

500 mg. - 1 g. (approximately).

Corrigent

Piper nigrum Linn.

Tenedium

Curcuma caesia Roxb. (root bark), Carica papaya Linn. (seeds) and Cocos nucifera Linn. (Narjeel daryaie).

Comments

Described as harmful to individuals with warm temperament. Described as good substitute for rhubarb.

Thymus serpyllum Linn. ssp. Quinquecostatus (Celak) Kitamura

Syn.: Thymus afghanicus Ronn.
Family: **Labiatae/Lamiaceae**
Arabic Name(s): S`atar Jabali
Urdu Name(s): Hasha, Kandero
English Name(s): Wild Thyme, Garden Thyme

Parts Used

Above ground parts as whole herb.

Quality/Temperament

Warm and dry in second order/warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Antiseptic (particularly in skin disorders), digestive, carminative, diaphoretic, resolves inflammations and blood clots. Large quality may cause abortion, normally acts as expectorant, anthelmintic, tonic for viscera and antiphlegmatic.

Specific Action

Mild laxative, digestive, carminative, antiphlegmatic, anthelmintic, tonic for viscera.

Medicinal Uses

Thyme has stimulant action on kidneys and uterus therefore brings diuresis and elicits menstrual blood flow. In large quantities also act as ecbolic. On respiratory system it has stimulant and expectorant action. The herb exerts stimulant action on whole digestive tract, acts as antiflatulent, produces the peristaltic movement in intestines thus brings purgation and acts as anthelmintic. With salt and vinegar

bruised and administered brings purgation. With honey and luke warm water it proves useful antispasmodic in paralysis and facial paralysis, amnesia, tetanus and epilepsy, acts as antiphlegmatic in cough and asthma and relieves flatulent colic, loss of appetite, stomach debility and assists digestion. Decoction of the herb is effective as diuretic and emmenagogue and as ecbolic. Bruised in vinegar and applied over inflammations, blood clots to resolve as well as to allay naevus, warts. Being antiseptic useful against ringworm, alopecia, psoriasis, eczema etc. Keeping it beside the bed or in the room mosquitoes do not enter the premises, if present run away.

Compound Preparations

Ma'jun Sura', Tiryaq-e-Masana, Ma'jun Suranjan, Ma'jun Kalkalanj, Ma'jun Muqil, Ma'jun Nankhwah, Mufarreh Kabir.

Dosage

5 g.

Corrigent

Mentha piperitta Linn. and Bambusa arundinacea Retz. (manna).

Tenedium

Mentha spicata Linn., Cuscuta reflexa Roxb. and Origanum marjorana Linn.

Comments

In large quantities may cause abortion.

Tinospira cordifolia (DC.) Miers.

Syn.: Cocculus cordifolius DC.
Family: **Menispermaceae**
Arabic Name(s): Zet al-Roomi, Zet al-Butani
Urdu Name(s): Gilu, Sat Gilo, Giluncha
English Name(s): Tinospora

Parts Used

Stem.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Stomachic, bitter tonic, antispasmodic, antipyretic (antiperiodic), anti-inflammatory, blood purifier and alterative.

Root possess emetic activity, and dried powdered fruit (with honey or ghee) as tonic.

Specific Action

Alterative (antipyretic), general tonic, blood purifier.

Medicinal Uses

Watery extract of the plant is used as febrifuge. An infusion and aqueous extract (Sat-Gilo) prepared from the dry stem and root is useful tonic in debilitating conditions, intermittent fevers and dyspepsia. Decoction of leaves is used for treating gout. Dried powdered fruit with ghee or honey used as tonic, in the treatment of jaundice and rheumatism. Root is powerful emetic and used for visceral obstructions, its water extract is useful in leprosy. The extract has been found to possess inhibitory property (in vitro) on the growth of Mycobacterium tuberculosis and against Escherichia coli. The aqueous and alcoholic extract of plant cause a reduction in fasting blood sugar in rabbits and rats (although the hypoglycemic effect in the dose range of 100-200 mg/kg was not proportional to the dosage). Stem pieces are kept in warm water overnight, the infusion in morning taken with violet syrup acts as effective antiperiodic.

Compound Preparations

Hab Masihi, Hab-Tap-Balghami, Hab-e-Humma, Hab-Diqul-Atfal, Dawai-Sandal, Safuf Fauladi, Safuf Musaffi Khas, Safuf Kushta Qalai, Arq Gilo, Arq Maul Lahm Mako Kasniwala, Arq Hara Bhara, Qurs Humma Jadid, Laooq Maseehi.

Dosage

2-24 g., dry extract (Sat gilu): 0.5-1.0 g. (approximately).

Corrigent

Seeds of Elettaria cardamomum (L.) Maton (Ilaichi Kalan); Bambusa arundinacea Retz. (Tabashir).

Tenedium

Dry extract is tenedium for decoction of stem parts.

Comments

Excessive use is harmful for people with warm temperament.

Trachyspermum ammi (L.) Sprauge

Syn.: Trachyspermum copticum (L.) Link
Sison ammi Linn., Carum copticum (L.) Benth.
Ammi copticum (L.) Mart.
Ptychotis ajowan DC., Carum copticum B. & Hook.
Family: **Umbelliferae/Apiaceae**
Arabic Name(s): Nakhwah-Hindi
Urdu Name(s): Ajwain desi, Nankhawah, Ajwain, Jann, Sperkai
English Name(s): Omum, Ajowan seeds, Lovage, Bishop's weed

Parts Used

Fruit (seeds) and oil.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Carminative, digestive, calorific, resolvent, desiccative, deobstruent, detersive, appetiser, diuretic, hypotensive, vermifuge, antispasmodic, antiseptic.

Specific Action

Carminative, antiflatulent, desiccant for unwanted humoural contents of stomach and hypotensive.

Medicinal Uses

Ajwain seeds are like Anise seeds (in action). Useful in flatulence, indigestion, colic, atonic dyspepsia, diarrhoea, cholera, hysteria, spasmodic affections of the bowels, profuse expectoration and bronchitis. The oil applied externally is useful for rheumatic and neuralgic pains. Oil and flowers of omum combined with soda forms a nice remedy for acidity, dyspepsia, flatulence, and to stimulate intestine function. Some preparations are also useful to combat colic. A teaspoonful of seeds with rock salt is a domesttic remedy for indigestion from irregular diet. Leaves of the tender plant are used as vermicide. Leaf juice is given for worms. The herb and seeds are useful for stiffness in the liver, has cardiac tonic effects, gives stomach, liver and intestines a sense of warmth, thus exhilarates internal organs and relieve sinking and fainting which accompany bowel disorders. Due to its deobstruent faculty, it is effective for chronic fevers that persist for long duration. For this purpose (a naq'u) an infusion is prepared name Ath Pehrvi Ajwain. Thymol obtained from Trachyspermum ammi (L.) Sprague is identical with the thymol of Thymus vulgaris Linn. used in many places for fumigation and preservation. Due to its detersive property has been used in skin preparations.

Compound Preparations

Ma'jun Nankhawah, Arq `Ajeeb, Tiryaq-i-Faruq, Jawarish Zar'uni Sada, Jawarish Safarjali Qabiz, Jawarish Shehryaran, Jawarish Mastagi Kalan, Hab Asgand, Hab Hiltit, Dawai Siyah Kabutar Wali, Ruh-e-Ajwain, Roghan Ajwain, Roghan Kalan, Safuf Dama, Safuf Muhazzil, Sherbet Sadar, Zimad Sheer Shutar, Arq Zira, Arq Faulad, Arq Hazim, Qurs Podina, Ma'jun Muqil, Ma'jun Nankhwah Mushki.

Dosage

3 to 6 g. (approximately).

Corrigent

Coriandrum sativum Linn. (dried).

Tenedium

Nigella sativa Linn. (seeds).

Comments

Seeds are considered to combine the stimulant quality of Capsicum or mustard with the bitter property of Chirata and antispasmodic virtues of Asafoetida. Considered to be of great benefit in epidemics.

Trapa bispinosa Roxb.

Syn.: Trapa natans L. var. bispinosa (Roxb.) Makino

Trapa natans Linn.

Syn.: Trapa quadrispinosa Roxb.,
Trapa asiatica V. Vas & G.A.
Family: **Trapaceae/Onagraceae**
Arabic Name(s): Joz Al-qastal
Urdu Name(s): Singhara, Pani-Phal, Kesru, Gaonri
English Name(s): Water Chestnut

Parts Used

Nuts (or fruits).

Quality/Temperament

Fresh: cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Nutritive, tonic, cooling, astringent, antibilious and antidiarrhoeal, nervine stimulant, antispermatorrhoeal, increases the viscosity of seminal fluid, flatulent, styptic.

Specific Action

Antibilious, cooling, viscous, astringent.

Medicinal Uses

Being cool and febrifugal in action freshly gathered Water Chestnut are useful nutritive, thirst quenching and effective against the roughness and dryness of the internal organs particularly the pharynx, lungs and genito-urinary organs. Being viscous/glutinous it is useful in imparting required viscosity to the semen and liquefied catarrhal affections for example leucorrhoea, spermatorrhoea and vaginal discharges of uncertain causes.

Being flatulent and styptic astringent, it is not digested easily thus may cause obstructions in kidneys and bladder. At times its excessive use may cause colic and retention of urine therefore sugar candy, or honey is recommended following water chestnut use.

Compound Preparations

Ma'jun Aard Khurma, Halwai Supari Pak, Safuf Kalan, Ma'jun Jiryan Khas.

Dosage

3-12 g. (approximately).

Corrigent

Piper nigrum Linn., common salt and sugar.

Tenedium

Phoenix dactylifera Linn./P. sylvestris Roxb. (Khurma).

Comments

Excellent aphrodisiac (retentive, glutinous, as well as cooling) for individuals with warm or bilious temperament. The fruits are regarded as rich in carbohydrates and form staple farinaceous food, the black coat contains appreciable quantities of manganese.

Trianthema pentandra Linn.
Trianthema portulacastrum Linn.

Syn.:	Trianthema monogyna Linn.; Trianthema obocordata Roxb.
Family:	**Aizoaceae/Ficoidaceae**
Arabic Name(s):	Hand Quqi, Hamasul-Amir, Qarah Alkhash
Urdu Name(s):	Biskhapra, Santh, Itsit, Wahu
English Name(s):	Spreading Hogweed

Parts Used

Root, flowers, seeds.

Quality/Temperament

Warm in first order and dry in second order.

Functions and Properties (Pharmacological Actions)

Diuretic and emmenagogue, detersive, resolvent, expectorant, antiphlegmatic, antipyretic, febrifuge, antidropsical, diaphoretic. Seeds aphrodisiac and carminative.

Specific Action

Diuretic, diaphoretic, antipyretic, emmenagogue, antidropsical.

Medicinal Uses

The root of Biskhapra is mostly used in medicine, considered useful in obstructions of the liver, asthma and amenorrhoea. As purgative and diuretic the fresh juice (from the root or herb) proves useful against dropsy, jaundice and retention of urine. In amenorrhoea and associated pain before menses its (extract or) aqua in dose of 60 ml (approximately) given every four hours gives relief. In fever due to amenorrhoea extract of the root or herb also proves effective. Root bruised with black pepper and given in small doses (as linctus) morning and evening is effective against abdominal phthisis, abdominal dropsy and tabes mesenteric. The root is also effective against cough, asthma and phlegmatic fevers. Root powdered and taken as snuff is regards as useful against catarrhal affections of upper respiratory tract and flu. Paste of the herb applied on the body of patient suffering from chorea proves effective. About 12 ml of fresh leaves extract daily administered to the patients of dropsy proves useful (patients during treatment are advised not to take table salt and oils or butter). Seeds are included in sexual tonic preparations.

Compound Preparations

Usually used as Mufrad and in compound form as Jawarish.

Dosage

Aqueous extract 6 to 10 ml., root and flowers 3 to 7 g. (approximately), seeds 2-3 g. (approximately).

Corrigent

Honey and gum Acacia arabica Linn.

Tenedium

Coleus aromaticus Benth., and other species of Trianthema (for root).

Comments

Described as harmful for stomach and intestines when used in large quantity or for long duration.

Tribulus terrestris Linn.

Family: **Zygophyllaceae**
Arabic Name(s): Khasak, Khar Khask
Urdu Name(s): Gokhru, Chota Gokhru
English Name(s): Caltrops, Small Caltrops

Parts Used

Fruit.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Diuretic, antiseptic, useful anti-inflammatory for the mucous membrane of urinary tract, demulcent, tonic, emmenagogue.

Specific Action

Diuretic, urinary antiseptic.

Medicinal Uses

Gokhru is recommended in cases of spermatorrhoea, phosphaturia, dysuria and impotence. Administered in urinary diseases such as chronic cystitis, calculus affections, gonorrhoea, and painful micturition. It is useful in inflammatory conditions of genito-urinary system and helps relieve calculus affections and uterine disorders. Leaves are made as vegetable and eaten. In chronic kidney inflammation when albumen is passed in urine and there occurs dropsy as a result of which swelling (oedematic) is observed over face and body, then use of small calotrops with suitable drugs (like seeds of Cucumis) is made to relieve this situation. In burning micturition it is used along with potassium carbonate (Jawakhar).

Compound Preparations

Sherbet Bazuri, Sherbet Bazuri Mo'tadil, Sherbet Mudir Tammas, Supari Pak, Jawarish Zar`unui Ambari Ba Nuskha Kalan, Halwa-i-Gazar Maghz Sar-i-Kunjashkwala, Safuf Kalan, Sherbet Kaknaj, Arq Ananas, Arq Dasmol, Lububal-Asrar, Ma'jun Pamba Dana, Ma'jun Zanjbil, Ma'jun Sang-i-Sar-i-Mahi, Ma'jun Mubahee Antaki.

Dosage

5 to 7 g.

Corrigent

Almond and Sesamum indicum Linn. oil (Til/Kunjad).

Tenedium

Extract of its root and leaves.

Comments

Declared as non-toxic, however it is appropriate to use this natural diuretic under physician's prescription.

Trigonella foenum-graecum Linn.

Family: **Papilionaceae**
Arabic Name(s): Hulba
Urdu Name(s): Methi, Malkhuzay
English Name(s): Fenugreek

Parts Used

Seeds and leaves.

Quality/Temperament

Warm and dry in second order with moistness.

Functions and Properties (Pharmacological Actions)

The seeds possess detersive, resolvent, concoctive nervine tonic, aphrodisiac expectorant (of phlegm and exert) tonic effects on stomach and intestines, also carminative and laxative, uterine tonic, emmenagogue activities and relieves pain in the uterus. Externally concoctive and resolvent of inflammations.

Specific Action

Effective against affections due to cold malhumours.

Medicinal Uses

The young herb of Methi is used as culinary vegetable and is thought to have general tonic properties. Seeds are much used in colic, flatulence, diarrhoea, dysentery, dyspepsia, loss of appetite, chronic cough particularly of productive type, dropsy, enlargement of liver and spleen. Decoction of seeds with little honey is administered in coughs and chronic bronchitis. Seeds are given as diet to nursing mothers to increase flow of milk. In leucorrhoea, suppositories made of Methi seeds are useful application for uterine and vaginal inflammation or putred discharges. As external application, the seeds paste applied to remove spots on the skin, to inflamed parts as concoctive and resolvent in cold humoural affections e.g. rheumatic pains, backache, nervous debility (particularly affected areas) and in general to the skin as cosmetic. In such cases it also acts as detersive. Poultice of leaves is useful cooling application in burns and internally

the leaves (boiled and fried in butter) are effective against biliousness. With myrobalans, ginger, long pepper, Cyperus rotundus Linn., Nigella sativa Linn., cumin, coriander, ajowan, spices and camphor in recommended quantities, the seeds act as useful antidiarrhoeal in puerperal women, in excessive lochial discharge and in nervous disorders. Decoction of seeds is used for the commencement of menstruation.

Compound Preparations

Marham Dakhliyun, Qairooti Arad Krasna, Dawa-ul-Misk, Hab Khubs al-Hadid, Roghan Shafa, Zimad Kibrit, Laooq Hab al-Sanobar, Laooq Mo'taidl, Ma'jun Murawweh ul-Arwah.

Dosage

3 to 5 g. (approximately).

Corrigent

Seeds and leaves of Portulaca oleracea Linn. and Spinacea oleracea Linn., Cichorium intybus Linn.

Tenedium

Medicago sativa Linn. (Alfalfa); large variety seeds for small and vice versa.

Comments

Trigonelline has been frequently referred as hypoglycaemic. Fenugreek has been considered as good substitute for cod liver oil in every case where oil is used such as scrofula, rickets, anaemia, debility following infectious diseases nervous debility, gout and diabetes (in cases where it may be combined with insulin). The drug is used in hepato- and splenomegaly.

Urginea indica Kunth.

Family: **Liliaceae**
Arabic Name(s): Basal Unsal, Baslul Bar
Urdu Name(s): Asqeel, Jangli Piyaz, 'Ansal
English Name(s): Squill/Indian Squill

Parts Used

Bulb.

Quality/Temperament

Warm and dry in third order with moisture.

Functions and Properties (Pharmacological Actions)

Resolvent, concoctive, vesicant, absorbent, aphrodisiac, antidotary (and preventive of toxicity), diuretic and emmenagogue, expectorant, deobstruent, anthelmintic.

Specific Action

Effective against hard swellings, warts and corns, as resolvent in jaundice and to improve eyesight (against abnormal secretions and detersive in collyria).

Medicinal Uses

The bulbs of Urginea indica Kunth. (Squill) are not used like the onion but are more effective in all those medicinal conditions where onions are used. Squill is especially useful as diuretic, emmenagogue and expectorant, in dropsy and in anthelmintic preparations. In small doses it acts like the foreign (European) Squill as cardiac stimulant and deobstruent. Mixed with Ficus carica Linn. dried fruit, anise, Vitis vinifera Linn. and honey, its syrup is of great value in acute bronchitis where there is lesser production of phlegm and in chronic bronchitis associated with spasmodic attacks. Used as pill powder, and syrup in cardiac and renal dropsy, ascites, asthma, rheumatism, calculous affections (where it acts as deobstruent and diuretic), in skin affections and locally under sole of feet to remove corns and warts. Roasted and crushed it is applied to check the growth of corns, where it is roasted and crushed and being hot the drug is forcibly applied on the affected site. Bulbs crushed or sliced are also applied under the sole of feet to prevent burning sensation. Considered as antidotary for insect bites and freshwater or marine insect bites and allergies.

Compound Preparations

Qurs 'Ansal, Hab 'Ansal, Sirka 'Ansal (Vinegar of Squill) and Tincture Scilla).

Dosage

1 g. (approximately).

Corrigent

Syrup of vinegar and honey in water, sugar candy (Misri).

Tenedium

Urginea scilla Steinh. Syn. Ornithogalum maritimum Lamk., Scilla maritima Linn. Wild spp. of Allium cepa and Acorus calamus Linn.

Comments

Indian Squill is more powerful than those medicinal effects and properties possessed by Allium cepa Linn. It usually

grows on sandy places near sea, young bulbs possess desirable effects whereas old bulbs lose their efficacy.

Valeriana hardwickii Wall.

Family: **Valerianaceae**
Arabic Name(s): Asarun, Valitiyana
Urdu Name(s): Taggar, Mushkbala, Bal-Charr, Taggar, Taggar-Kaathi, Charpuk (Valeriana diodon Boiss)
English Name(s): Valerian

Parts Used

Roots.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Diaphoretic, antiperiodic, stimulant, cephalic tonic, antispasmodic, antiepileptic, anthelmintic, resolvent, deobstruent, sedative, diuretic and emmenagogue, aphrodisiac.

Specific Action

Deobstruent and antispasmodic for liver, cephalic tonic, diuretic.

Medicinal Uses

Asarun has been used as a spice as well as medicinal. It is useful in disorders of the spinal marrow and nerves - nervous debility and failing reflexes, also as hypnotic and in spastic disorders like chorea, gastric spasms etc. Nervous symptoms during menopause are well-treated by this root. It finds extensive use for women. It is considered as tonic for the urogenital organs particularly useful as diuretic and emmenagogue. In stomach inflammations (like gastritis) splenic disorders, paralysis, palsy, amnesia, rheumatism, gout and sciatica it is of great benefit either used alone or in compound formulations. Water containing these roots is useful for bath in summer season. Also considered of benefit in diarrhoea. It is largely regarded as useful in hysteria, shell-shock and neurosis. In Balochistan people use the above ground parts as vegetable.

Compound Preparations

Ma'jun Suranjan, Jawarish Jalinus, Jawarish Filafli, Jawarish Basbasa, Jawarish Ood Shirin, Ayarij Fiqra, Roghan Kalan, Safuf Shirin, Safuf Longa, Lubub al-Asrar, Ma'jun Talkh,

Ma'jun Jalinus Lului, Ma'jun Khadar, Ma'jun Sohag Sonth, Ma'jun Murraweh ul-Arwah.

Dosage

3 to 5 g. (approximately).

Corrigent

Raisins (Vitis vinifera Linn. large variety).

Tenedium

Zingibar officinalis Rosc., dried, sweet flag root (Acorus calamus Linn.), Valeriana officinalis Linn., V. wallichii DC. are used in place of V. hardwickii Wall. V. hardwickii Wall. itself is a good substitute for V. officinalis Linn., V. walichii DC.

Comments

Large doses are regarded harmful, may produce central paralysis, inhibition of cardiac function and intestinal tonus.

Valeriana officinalis Linn.

Family:	**Valerianaceae**
Arabic Name(s):	Sunbal Bustani, Sumbal at-Teeb
Urdu Name(s):	Baalchar, Sunbul at-Teeb
English Name(s):	True Valerian

Parts Used

Dried rhizomes and roots.

Quality/Temperament

Warm in first order, dry in second.

Functions and Properties (Pharmacological Actions)

Antispasmodic, stimulant, nervine sedative, hypnotic, analeptic, stomachic tonic, aromatic, aphrodisiac, emmenagogue, desiccative, detersive, cardiotonic.

Specific Action

Nervine and hepatic tonic (antispasmodic brain tonic).

Medicinal Uses

For local external use, the root of Baalchar is added into those preparations used for removing freckles due to its detersive action. It is frequently used against disorders of cold origin and as useful spasmolytic in chorea, gastrospasms etc. It is largely prescribed in traditional formulations administered to relieve disorders of the spinal marrow, nervous debility and in failing reflexes as a hypnotic and to treat the nervous disorders during menopause. It is one of the principal herbs used against insomnia, especially

which is due to the nervous exhaustion and mental overwork. It is regarded as useful against neurosis, hysteria and epilepsy.

Compound Preparations

Itrifal Ghudaddi, Itrifal Mulayyin, Basliqun-Kabir, Tiryaq-i-Faruq, Khamira Abresham Hakim Arshad wala, Ma'jun Talkh, Ma'jun Jalali, Ma'jun `Ushba, Jawarish Shahryaran, Ayarij Fiqra, Dawaul Misk Jawahardar, Safuf Shirin, Safuf Kalan, Arq Amber, Arq Maul Lahm Ambari ba Nuskha Kalan, Hab Ayarij, Naushdaroo, Bershesha, Jawarish Jalinus, Ma`jun Dabeedul Ward, Dawa al-Karkam, Lubub Kabir, Mufarreh Yaquti.

Dosage

Approximately 3-5 g.

Corrigent

Rosa damascena Mill. (aqua and oil).

Tenedium

Cymbopogon jwarancusa (Jones)/Andropogon schoenanthus Hk. (Izkhir), Valeriana hardwickii Wall. (Asarun), Cannabis sativa Linn., Papaver somniferum Linn. (seeds), Nepeta hindostana (Roth.) Haines (in cardiotonic activity).

Comments

Described as harmful for the function of kidneys if taken in large doses or for long period.

Vernonia anthelmintica Willd.

Syn.:	Centratherum anthelmintica (Willd.) O. Kuntze
Family:	**Compositae/Asteraceae**
Arabic Name(s):	Shabit al-fahuz
Urdu Name(s):	Kali Ziri, Somrajban Jiri, Zira Dashti, Kaori Ziri, Kalijiri
English Name(s):	Blue Fleabane

Parts Used

Seed.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Seeds are regarded as anthelmintic, stomachic, tonic, diuretic, antiperiodic, alterative, resolvent and sedative for painful affections, antiflatulent, clears the excess phlegm. Externally effective in chronic disorders of skin.

Specific Action

Resolvent of inflammations, sedative for cold painful affections, anthelmintic and useful against certain skin disorders.

Medicinal Uses

Seeds of Kali Ziri are resolvent of cold phlegmatic painful inflammations and painful affections, act as useful antiflatulent and to relieve cough and chronic persistent fevers. Powdered seeds in prescribed doses alone or with Embelia ribes Burm. are useful against round worms and thread worms. To resolve the irritative conditions of skin, pimples, pustules, psoriasis and vitiligo, seeds powdered and mixed with powdered black pepper, sesame seeds, and administered for recommended duration in prescribed doses proves useful. To enhance their efficacy, either given after administration of the decoction of emblic myrobalans or these are mixed in the requisite formulations. With infusion of Melia azadirachta Linn. (Neem) leaves administered to alleviate dropsy, painful rheumatic affections, chronic persistent fevers and phlegmatic (productive) cough. Pastes made with some other effective herbal ingredients applied over unattended skin eruptions (either infective or disordered humoural type) become painful with time, proves useful. With the exception of its anthelmintic use, it is not frequently used internally. Leaves and root are also sometimes used in external applications for rheumatism.

Compound Preparations

In aqueous extract and as Zimad (Pastes).

Dosage

1-2 g. (approximately) powdered and administered alone or with other suitable drugs.

Corrigent

Cochlospermum religiosum (L.) Alston (Katira), Aqua or oil of Rosa damascena Mill. and distillate of Phyllanthus emblica Linn. (Amla).

Tenedium

Carum carvi Linn. (Zira Siyah).

Comments

In remote areas of Sindh (province) the herb is known as Bakchi and is considered to be useful in skin disorders but it is interesting to note that it proves effective in all conditions with the exception of leucoderma, and at times its use

worsens the leucodermal situation. Acts as anthelmintic when used with Embelia ribes (Baobarang).

Vetiveria zizanioides (L.) Nash.

Syn.: Phalaris zizanioides Linn.

Andropogon squarrosus Linn.
Andropogon muricatus Retz.

Family: **Graminae/Poaceae**
Arabic Name(s): Khas
Urdu Name(s): Khas, Aseer, Daron
English Name(s): Cuscus Grass, Khus-Khus Grass

Parts Used

Root.

Quality/Temperament

Cold and dry in first order/cold and dry in second order (Kabiruddin).

Functions and Properties (Pharmacological Actions)

Roots are aromatic, exhilarant, cardiac and brain tonic, astringent, antibilious and antinauseant, stomachic, antispasmodic, diaphoretic, diuretic and emmenagogue, blood purifier.

Specific Action

Exhilarant, cardiac and brain tonic.

Medicinal Uses

Khas roots' aromatic property has made their use into scents and is useful refrigerant for individuals having warm temperament. Being exhilarant and cardiac tonic its use is administered in palpitation, cardiac debility, fainting, and to drive away adverse effects of polluted air and atmosphere. Its use is made in both ways as syrup or bruised and made in infusion. It is also prepared as refreshing drink in fevers, inflammation and irritability of the stomach. Being astringent refrigerant and stomach tonic useful in quenching thirst, acts as febrifuge in bilious and sanguinous fevers. Half bruised root with 2-3 lotus fruits in aqua Pandanus odoratissimus Roxb. (Keora) and water if left for some hours, this water is useful for polydipsia in children. Oil is given to check vomiting in cholera. Leaves fumes over the fire (or smoked as cigarette) with benzoin is effective in relieving headache due to biliousness.

Compound Preparations

Safuf Shirin, Safuf Longa, Arq Hara Bhara.

Dosage

5 to 7 g.

Corrigent

Santalum album Linn. (Sandal).

Tenedium

Otto (Attar) of the plant (roots) and Rosa damascena Mill.

Comments

Roots are kept wet in rooms or indoors which render the rooms cool and fragrant.

Viola odorata Linn.

Syn.: Viola indica Becker
Family: **Violaceae**
Arabic Name(s): Banafsaj
Urdu Name(s): Banafsha, Farfir, Banafsho
English Name(s): Violet Herb, Viola, Violet Flowers

Parts Used

Flowers and leaves.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Pectoral, antipyretic, diaphoretic, diuretic, astringent, aperient, demulcent, emetic.

Specific Action

Aperient (i.e. mild laxative) and pectoral.

Medicinal Uses

Flowers of Viola odorata Linn. as emollient and demulcent, used in biliousness and lung troubles. Petals made into syrup used as remedy for infantile disorders. The overall activity of plant includes its action as antipyretic, diaphoretic and febrifuge. It is used to neutralize the excessive biliousness, counteracting the fevers, quenching the thirst and lessening blood heat. In catarrhal affections, pleurisy, pneumonia, bronchitis, conjunctivitis and warm ailments of stomach and liver administered as infusion or decoction, it proves desirably effective. To relieve headache due to predominance of warmness, its flowers are smelled, to

relieve constipation its conserve (gulqand) comprising violet flowers is administered. Syrup made of flowers is effective in relieving constipation, catarrhal affections be of humoural predomina- nce due to climatic effects, and to subside fevers. Decoction is effective against bilious affections, lung troubles, prolapse of the uterus and rectum and also effective in kidney disorders.

Compound Preparations

Sherbet Banafsha, Joshanda, Itrifal Zamani, Roghan Banafsha, Hab Banafsha, Sherbet Arzani, Sherbet Mushil, Sherbet Mulayyin, Khamira Banafsha, Joshina, Laooq Sapistan Khiyar Shambari, Ma'jun Sana, Muffareh Mo'tadil.

Dosage

5 to 7 g.

Corrigent

Nelumbium nuciferum Gaertn (Nelofar), Origanum marjorana Linn. (Marzanjosh).

Tenedium

Barg-e-Khubazi (Malva sylvestris Linn.), Gaozaban (Onosma bracteatum Wall.).

Comments

In large doses it may cause stomachache, gastroenteritis, vomiting, nervousness and respiratory or circulatory depression.

Vitex negundo Linn.

Syn.: Vitex incisa Lam.,
Vitex negundo var. incisa (Lam.) Clarke

Vitex pseudo-negundo (Hausskn.) Hand. Mazz.

Syn.: Vitex agnus-castus Linn. var. pseudo-negundo Hausskn.
Family: **Verbenaceae**
Arabic Name(s): Nigand (Babri), Habul Fiqa, Sarsa
Urdu Name(s): Sanbhalo, Panjkasht, Atlaq, Banna/Danna
English Name(s): Chaste Plant, Five Leaved Chaste Plant

Parts Used

Leaves, seeds, root, flowers and bark.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Leaves: detersive, sedative, resolvent of inflammations and hard swellings, desiccative and antiseptic, vermifuge, discutinent. Root: tonic, febrifuge, expectorant. Fruit: vermifuge and ophthalmic tonic. Flowers: antidiarrhoeal, cardiac tonic. Seeds: cooling, useful in cutaneous disorders.

Specific Action

Desiccative (of seminal fluid) and cause sexual debility, demulcent, deobstruent, carminative.

Medicinal Uses

Leaves (and root) of Vitex negundo Linn. are regarded as tonic and febrifuge as well as expectorant. Decoction of the leaves is given in headache and catarrh. Leaves being aromatic are also regarded as useful vermifuge. Juice of the leaves is said to have the property of removing foetid discharge and worms from ulcers. Leaves are useful for dispersing swellings of joints due to acute rheumatism and of the testes from suppressed (type of) gonorrhoea. Fumigation from leaves is regarded of advantage against febrile, cattarhal and rheumatic affections. Dried fruit act as vermifuge and as ophthalmic remedy. Leaves, bark and root are useful against toothache, juice of fresh leaves are useful in stupor. Juice of the above ground parts with some other suitable remedies is regarded as effective in venereal diseases, syphilis and relevant skin affections. Sap from branches is effective expectorant. Flowers effective in diarrhoea, liver affections and as cardiac tonic. Green parts powder is useful internal antihaemorrhagic. Seeds are resolvent for splenic inflammations and swellings administered with Sikanjbin. Useful in flatulence and as deobstruent, to lessen the quantity of semen given as powder and decoction. Seeds are also effective diuretic and emmenagogue.

Compound Preparations

Safuf Panjkasht, Safuf Asal as-Sus, Ma'jun Jograj Gugal, Ma'jun Mughaliz Jawahar Wali, Roghan Haft Barg.

Dosage

2 to 3 g. (approximately).

Corrigent

Gum Arabic, Cochlospermum religiosum (L.) Alston (Katira).

Tenedium

Behidana (Pyrus cydonia Linn. Quince).

Comments

May cause headache, described as harmful for kidneys in large doses or prolonged use. Seeds are described as harmful for causing sexual debility by lessening the quantity of semen (due to its desiccative action), hence are regarded useful in nocturnal pollution. Vitex pseudo-negundo (Hausskn) Hand. Syn. V. agnus-castus L. var. pseudo-negundo Hausskn. is also used as substitute for V. negundo Linn. Long-term use in any suitable form is considered useful against epidemics as well as against animal and herbal toxins.

Vitis vinifera Linn.

Family: **Vitaceae**
Arabic Name(s): Mawaiz, Qishmish, `Anb
Urdu Name(s): Angoor, Anb, Kishmish, Saongi
English Name(s): Raisin, Ripe dried Grape

Parts Used

Fruits.

Quality/Temperament

Warm and dry in first order. Kishmish (raisins): warm and moist inclined towards normal.

Functions and Properties (Pharmacological Actions)

Nutritive, concoctive, laxative, tonic, producer of (good) blood, diuretic, raw fruit is astringent, ripe is easily digested, deobstruent, resolvent, detersive, liver tonic, fattening.

Specific Action

Fattening, nutritive, tonic (cardiac).

Medicinal Uses

Grape as raw fruit is astringent and is useful in diarrhoea, whereas ripe fruit is laxative. As decoction and or infusion it is concoctive particularly when the body is under the influence of cold phlegmatic or atrabilious humours. Excess use of the fruits (ripe and dried) may cause loose motions. A useful adjunct and vehicle for the laxative formulations. Extract of the greenish yellow fruits is made into syrup which exerts tonic and refrigerant effects.

Externally applied on the inflammations as concoctive and resolvent. Also useful detersive for the sores and ulcers, thus applied on lupoid ulcers locally and systemically to get rid of such complaints if diagnosed in stomach and

intestines. Large variety (2-5 Nos.) when heated over a metal plate on the burner and given to children suffering from lung congestion (of cold origin) proves effective. Raisins in a quantity of about 12 grams kept in aqua Rosa damascena overnight and taken in the night following straining proves useful in cardiac debility particularly palpitation. Being detersive for lungs regarded as useful in hoarseness and cough (due to phlegmatic disorders).

Compound Preparations

Ma'jun Zabib, Itrifal Fauladi, Jawarish Zarishk, Jawarish Fawakih, Khamira Abresham Shira-i-Unnab Wala, Rub-i-Angur, Sherbet Fawakih, Laooq Mo'tadil, Ma'jun Anjir.

Dosage

Grapes as required; dried grapes 9 to 11 in numbers.

Corrigent

Syrup made up of vinegar and honey (Sikanjbin) and poppy seeds.

Tenedium

One variety (small) is Tenedium for the other (large).

Comments

Large quantities or continuous use exert warm effects particularly on the urinary organs, traditional (Unani) literature discusses the same fruit (and its varieties) under different headings (entries) e.g. Angur, Kishmish, Muwaiz, Munaqa, etc.

Volutarella divaricata Benth.,

Syn.: Oligochaeta ramosa (Roxb.) Wagenitz
Centaurea divaricata Benth. && Hk.,
Amberboa ramosa (Roxb.) Jafri,
Microlonchus divaricatus DC.

Family: **Compositae/Asteraceae**
Arabic Name(s): Shokat-al-Baida
Urdu Name(s): Badaward, Shuka'i, Daaba, Damaho
English Name(s): Oligochaeta

Parts Used

The above ground parts and root.

Quality/Temperament

Cold and dry in first order.

Functions and Properties (Pharmacological Actions)

Antiperiodic, tonic, aperient, febrifuge, deobstruent, antidiarrhoeal.

Specific Action

Antiperiodic (for chronic fevers of phlegmatic origin).

Medicinal Uses

Slightly mucilaginous, the above ground parts of Volutarella spp. is useful against persistent chronic fevers and cough. For these purposes, the plant is made into decoction and given six hourly. Also prescribed to relieve haemoptysis, pain and obstructions in the liver as well as in chronic persistent diarrhoea. Decoction of the herb is effective as gargles to allay pain in gums. Seeds of the plant are considered as antidote to scorpion sting when applied on the site and relieves pain. It relieves phlegmatic inflammations since it is a resolvent and as astringent. Poultice of the plant and its root individually both are of utility in eclampsia, decoction of seeds is given to children in muscular derangements.

Compound Preparations

Arq Brinjasaf, Arq Maul Lahm Mako Kasni Wala.

Dosage

5-7 g. (approximately).

Corrigent

Artemisia absinthium Linn. (Afsantin).

Tenedium

Fumaria indica (Haussk) Pugslay, F. parviflora Lam. and Swertia chirata Buch. & Ham.

Comments

Described as harmful for lungs when used in large doses or for long duration. Another plant `Skuka'i' has been referred under the botanical name of Volutarella divaricata Benth. et Hook.

Withania somnifera (L.) Dunal

Family: **Solanaceae**
Arabic Name(s): Asghand, Joz Jandam
Urdu Name(s): Asgand, Asgand Shirin, Askan, Bogni Buti, Bhad Gand, Lahai Baru, Baibru Bodmar
English Name(s): Winter Cherry, Withania

Parts Used

Root.

Quality/Temperament

Warm and dry in third order (with mucilaginous properties).

Functions and Properties (Pharmacological Actions)

Puerperal tonic, aphrodisiac (invigorating), alterative, nervine sedative, restorative (fattening), deobstruent, diuretic, antirheumatic,

Specific Action

Antirheumatic, alterative and diuretic.

Medicinal Uses

Withania root finds extensive use in all cases of general debility, consumption, emaciation (of children and women), senile debility, rheumatism, nervous exhaustion, loss of memory, muscular energy and spermatorrhoea. It imparts energy and vigour to the body against diseases like syphilis, rheumatism, rheumatic fever etc. or from over work, and thus prevents premature decay. As nutrient, it is health restorative and the decoction of the root or its powder with milk is given to old people and for curing the sterility in women, it has to be taken for few days soon after the menstrual period. The same is effective for leucorrhoea, and to arrest bloody discharges etc. Fresh green root made into paste with water is applied to scorfulous and glandular swellings. Paste made into milk is applied to breasts to keep them in shape. With suitable drugs given to improve the eyesight, as emmenagogue, as aphrodisiac and restorative, and as an effective remedy against rheumatic affections.

Compound Preparations

Ma'jun Muqawwi Rehm, Halwai-Ghaikwar, Ma'jun Pamba Dana, Ma'jun Zanjbil, Ma'jun Samagh.

Dosage

3 to 7 g.

Corrigent

Tragacanth (gum obtained from Astragalus spp.), Cochlospermum religiosum (L.) Alston, (Katira) Gum Acacia.

Tenedium

Centaurea behen Linn. (Behmen Safaid), Withania coagulans Dunal. (Stocks) Dunal (Panirband).

Comments

Within two years the root loses its potential, therefore not to be stored for more than this period. Large dose may prove fatal due to its hypnotic, narcotic action, seeds are regarded as poisonous if used in large quantity.

Woodfordia fruticosa (L.) S. Kurz.

Syn.: Lythrum fruticosum Linn.
Woodfordia floribunda Salisb.
Family: **Lythraceae**
Arabic Name(s): Anbul Fabat
Urdu Name(s): Gul Dhawa, Dhawa
English Name(s): Downy Grislea

Parts Used

Flowers.

Quality/Temperament

Cold and dry in first order/cold and dry in second order (Kabiruddin).

Functions and Properties (Pharmacological Actions)

Astringent, haemostatic (styptic) and antihaemorrhagic, coolant and desiccative, antibilious.

Specific Action

Astringent, antihaemorrhagic.

Medicinal Uses

Flowers of Dhawa are administered in infusion and as tea to procure astringent, stimulant and tonic effects. Dried flowers powdered and mixed in curdled milk, administered to exert antidysenteric and antidiarrhoeal effects and to stop bowel complaints and other internal haemorrhages, abnormal secretions and catarrhs. In leucorrhoea and menorrhagia, dried flowers' powder with honey is a useful remedy in prescribed doses. Flowers decoction is used as sit-bath for bleeding piles and prolapsus ani, dried flowers' powder is also administered systemically. Having coolant and desiccative properties, flowers are burnt in Brassica

campestris oil and applied on burnt parts of skin to avoid oozing and healing or drying the relevant parts. In bilious fevers, juice of the leaves applied over the head at intervals while patient is asked to keep sesame oil in mouth, slowly turns the oil yellow by absorbing bile, and thus such fever is relieved. Dried flowers' powder is sprinkled over foul ulcers and wounds for diminishing discharge from them and to promote granulation, these are also of benefit in liver derangements, disorders of mucous membranes and haemorrhoids, in persistent headache and fevers.

Compound Preparations

Safuf Sailanur Rehm, Safuf Habis, Arq Faulad, Ma'jun Zanjbil.

Dosage

3-7 g. (approximately).

Corrigent

Diluted juice of Pomegranate (Punica granatum Linn.).

Tenedium

Acacia catechu (L.) Willd. (Katha) and dried powdered rind of Pomegranate fruit (in astringency for diarrhoea and dysentery).

Comments

Commercially the flowers are of considerable importance as a dyeing and tanning material. The flowers cause early fermentation if added to such material. Large quantities use over long duration may give rise to intestinal worms.

Wrightia tinctoria R. Br.
Wrightia rothii L.

Family: **Apocynaceae**
Arabic Name(s): Lisan al-Asafeer
Urdu Name(s): Inderjo Shirin
English Name(s): Sweet Inderjo

Parts Used

Seeds.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Uterine sedative, helpful in establishing pregnancy, antidiarrhoeal, antidysenteric, astringent, aphrodisiac, antiperiodic (and febrifuge), stomachic tonic.

Specific Action

Uterine sedative, aphrodisiac, stomachic tonic.

Medicinal Uses

Decoction of the leaves and bark of Inderjo is used as stomachic tonic and febrifuge (in combination with other vegetable bitters); given in bowel complaints and during convalescence from fevers and other acute diseases. Seeds are without any (specific sweet) taste and are given in seminal weakness as well as when there is extra stimulation of heat in the uterus. The bark is also effective in local pains, rheumatism and chronic cough or bronchitis. (Odour of the flowers, colour of the bark and morphology and taste of seeds are different from bitter Inderjo- Holarrhena antidysenterica Wall ex DC.).

Compound Preparations

Ma'Jun Khadar, Itrifal Kabir, Safuf Beej Band, Jawarish Zar'uni Ambari Ba Nuskha Kalan, Safuf Kalan, Lubub al-Asrar, Lubub Kabir, Lubub Mo'tadil, Ma'jun Jalali, Ma'jun Jograj Gugal, Ma'jun Raig Mahi, Ma'jun Shir Bargadh wali, Ma'jun Kalkalanj, Ma'jun Murawweh ul-Arwah, Ma'jun Muqawwi wa Mumsik.

Dosage

2-6 g. (approximately).

Corrigent

Coriander dried, (Coriandrum sativum Linn.).

Tenedium

Juglans regia Linn. (Akhrot), Centaurea behen Linn. (Behmen).

Comments

Three Apocynaceous species are frequently identified under the name of Kura viz. Holarrhena antidysenterica Wall ex DC., Wrightia tinctoria R. Br. and Wrightia tomentosa Roem. & Schult. All these regarded to be aphrodisiac particularly in masculine complaints. Inderjo Shireen (W. tinctoria R. Br.) is much used in contemporary traditional formulations in comparison to bitter type (H. antidysenterica Wall ex DC.).

Zanthoxylum armatum D.C.

Syn.: Zanthoxylum alatum Roxb.
Family: **Rutaceae**
Arabic Name(s): Faqhirah, Fanamrah Hindi
Urdu Name(s): Kababe Khandan, Danbaray
English Name(s): Zanthoxylum

Parts Used

Fruits (seeds).

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Digestive tonic, stomachic, aromatic carminative, its odour and use both are cardiac and brain tonic, tonic for cold stomach and liver, relieves flatulence and acts as astringent, antiseptic, disinfectant, deodorant.

Specific Action

Digestive (stomachic) and liver tonic.

Medicinal Uses

Smelling aromatic Zanthoxylum (product) as well as its use in any possible way impart fragrant effects on heart and brain, is useful tonic for digestion and stomach, relieves flatulence. It is prescribed mostly in stomach and liver disorders. Being astringent recommended as antidiarrhoeal. Useful against cold cephalic complaints, for flatulence and depression, maniacal states or flatulent dyspepsia, fruits decoction in recommended doses is effective. Fruit as well as bark in different preparations is effective against stammering when used under prescription for recommended duration, as well as for relaxed muscles or paralysis under cold attacks. To improve circulation in affected parts administered with other suitable drugs, to purify the blood in cold affections and the essential oil of fruits with turpentine like eucalyptus oil is applied over relaxed parts to improve circulation, the oil is included in suitable formulations, medicated oils and ointments applied under fomentation.

Compound Preparations

Zarur Qala', Roghan Kalan, Sunun Khas, Lubub al-Asrar, Ma'jun Murawwehul-Arwah, Mufarreh A'zam.

Dosage

2-3 g. (approximately).

Corrigent

Camphor (Cinnamomum camphora (L.) Sieb. and Nelumbium nuciferum Gaertn.(Nilofar).

Tenedium

Piper cubeba Linn. (Kabab-Chini).

Comments

Twigs are used as tooth brush. Aromatic masticatory when chewed to procure odour in malodours state of mouth. Excessive use may cause headache and increased astringency may lead to constipation (also spelled as Xanthoxylum).

Zingiber officinale Roscoe

Family: **Zingiberaceae/Scitaminaceae**
Arabic Name(s): Zinjbil
Urdu Name(s): Zinjibeel, Adrak, Sundh, Sonth
English Name(s): Ginger

Parts Used

Rhizomes.

Quality/Temperament

Warm in third order, dry in first.

Functions and Properties (Pharmacological Actions)

Aromatic stimulant, digestive, carminative and antiflatulent, appetitive, laxative, sialagogue, externally a local stimulant and rubefacient, cordial, corrective adjunct to purgatives to prevent nausea and griping, antirheumatic (when used in prescribed quantity for recommended duration). Fresh juice is regarded as a strong diuretic.

Specific Action

Carminative and digestive.

Medicinal Uses

Ginger being aromatic and pleasantly pungent is commonly used as spice and in preparation of condiments, curries, in salad, and a conserve and syrup are made from fresh ginger. Dried ginger (sonth) and fresh (adrak) both are used at large. Ginger is one of the best herbal stomachics, good for brain's retentive faculty. Ideal for patients with phlegmatic temperament. It is a useful stimulant for gastro-intestinal tract especially stomach. It has the quality of combating pains due to cold and rheumatic affections when it is burnt in any suitable oil and applied on the affected parts. Fried

ginger with table salt is used as tooth powder to allay the acidity of gums and teeth. In this powder lemon juice is added and taken internally, it improves the appetite and produces agreeable sensation. Ginger juice rubbed on and around the navel is said to cure all kinds of diarrhoea. Dried ginger is a corrective adjunct to purgatives to prevent nausea and griping juice extracted from fresh ginger is a useful diuretic and taken internally with carbonate of sodium or potash is effective against chronic rheumatism and gout as well as against dropsical affections and ascites. Plantation ginger, Ratoon ginger and Cochin ginger are some of the types described in literature.

Compound Preparations

Jawarish Zinjabeel, Safuf Hazim, Itrifal Kabir, Jawarish Basbasa, Jawarish Kamuni Mushil, Hab Tursh Mushtahi, Hab Haltit, Hab Gul Pista, Roghan Gul Akh, Safuf Basbasa, Safuf Shirin, Safuf Qinnab, Sunun Kalan, Sherbet Zanjbil, Sherbet Nankhwah, Zimad Jalinus, Arq Pan, Arq Faulad, Qurs Podina, Qurs Mushil, Kuhl Roshnai, Lubub Kabir, Murabba-i-Adrak (Murabba-i-Zanjbil), Ma'jun Izaraqi, Ma'jun Baladur, Ma'jun Khubs al-Hadid, Ma'jun Zanjbil, Ma'jun Finjnosh, Ma'jun Kalkalanj, Ma'jun Mushil Pak, Ma'jun Nisyan, Muffareh Kabir, Muffareh Mo'tadil, Lahmina, Supari Pak, Hab-Amber Momiyaie.

Dosage

1 to 3 g. (approximately).

Corrigent

Almond oil, honey.

Tenedium

Root of Piper longum Linn.

Comments

May cause harm when used in pharynx disorders.

Ziziphora tenuior Linn.

Family: **Labiatae**
Arabic Name(s): Khiyal, Sadr Bari
Urdu Name(s): Mushk Taramshi', Jangli Podina
English Name(s): Wild Thyme

Parts Used

Above ground parts.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Carminative, diuretic and emmenagogue, stimulant, anthelmintic, lithontriptic, expectorant.

Specific Action

Carminative, emmenagogue, anthelmintic.

Medicinal Uses

Traditionally wild Thyme is used as emmenagogue for expelling the placenta and dead foetus administered as decoction. For stomach and intestinal worms its decoction or as enema it is given in recommended doses and preparations. In the chronic ulcers and infections where worms are produced its application in infusion or decoction as drops gives relief. In small quantities the herb is a good stomachic, and digestive tonic, a useful suppository in painful affections of the uterus. It has also been regarded as a useful carminative adjunct to purgative preparations. Similarly in prescribed doses it acts as useful stimulant aphrodisiac, causes elicitation of all the urino-genital organs and acts as lithontriptic against obstructions found in the kidneys or bladder. Large doses or regular consumption over long periods may cause haematuria.

Compound Preparations

Matbukh Mudir Tams, Dawai-Abzan, Mufarreh Kabir.

Dosage

5-7 g. (approximately).

Corrigent

Vinegar, Cochlospermum religiosum (L.) Alston (Katira) and Gum Arabic.

Tenedium

Mentha sylvestris Linn. (Podina Kohi) and Orris root (Iris foetidissima Linn./ I. ensata Thunb.).

Comments

Very common spring annual. In Persian it is named as Podina Kohi although this indigenous name is ascribed to Mentha sylvestris Linn. Another Persian name for this herb is Rang (in Ethnobotany). Its action is considered as similar to that of Nepeta hindostana (Roth) Haines (Badranjboya). Aroma of the herb is useful as flea and bugs repellent. Large doses are abortifacient.

Ziziphus jujuba Mill.

Syn.: Zizyphus sativa Gaertn.
Zizyphus vulgaris Linn.
Zizyphus officinarum Medik.
Family: **Rhamnaceae**
Arabic Name(s): Unnab
Urdu Name(s): Unnab
English Name(s): Jujube

Parts Used

Fruits.

Quality/Temperament

Normal temperament (balanced in warmness/coldness) inclined towards moistness.

Functions and Properties (Pharmacological Actions)

Emollient, suppurative (for extra humours/waste products), expectorant, laxative, blood purifier. Fruits mixed with honey act as useful demulcent and expectorant in pectoral affections. Fruits are mucilaginous, febrifuge, mild laxative and tonic.

Specific Action

Blood purifier, emollient (effective against hoarseness in throat).

Medicinal Uses

Jujube fruits of the cultivated varieties used in medicines are mostly sweet, palatable and less acid. Ripe and dried, these are mild laxative and expectorant. Made into conserve or cake, the fruits are good for checking bilious complaints and improving digestion. The fruit is frequently used to lessen the blood heat, and to bring cooling sensation in the body. To relieve respiratory catarrh, nasal catarrh and flu, cough and hoarseness of throat as well to cause suppuration of turbid humours the fruits are administered as decoction or infusion. Renders the blood clear by removing waste matters or excessive humours from its constituency and thus act as a desirable blood purifier for all age groups simultaneously getting rid of chronic ailments like syphilis, scabies and other skin ailments. Fruits infusion or cold decoction with Sisymbrium irio seeds (Khakshi) is useful against periodic fevers.

The use of fruit renders the viscid humours refined and eliminates unwanted matters or waste products through their aperient and demulcent activity. In seasonal catarrhal

affections (mostly of upper respiratory tract) combined with other suitable herbs (simple) decoction of Zizyphus fruitis is one of the most effective remedies.

Compound Preparations

Sherbet Unnab, Sherbet Aijaz, Laooq Sapistan, Saduri, Itrifal Zamani, Dayaquza, Sherbet Arzani, Joshanda, Sherbet Khakshi, Sherbet Zufah Murakkab, Sherbet Shafa, Sherbet Murakkab Musaffi Khun, Joshina, Arq Murakkab Musaffi Khun, Laooq Sapistan Khayar- Shambari, Khamira Abresham Shira-i-Unnabwala.

Dosage

5 to 7 Nos. (up to 9).

Corrigent

Honey, Rosa damascena Mill., and sugar.

Tenedium

Sapistan (Cordia latifolia Roxb.).

Comments

Safe blood purifier for all age groups in recommended doses. Prolong excessive use is harmful for stomach due to its emollient action causing extra moistness and to slow down overall activity in the alimentary canal.

Alstonia macrophylla Wall.

Syn: Alstonia batino Blanco

Alstonia scholaris (Linn.) R. Br.

Family: **Apocynaceae**
Arabic Name(s): Scholarsi, Khaaniqat al-Kalab, Shajaratah fi Asiya al-Harrah
Urdu Name(s): Chatian, Chattun, Satuna, Satavan
English Name(s): Shaitan or Chatiyan Wood, Dita Bark

Parts Used

Bark and leaves (mostly bark which is bitter).

Quality/Temperament

Cold in first order and dry in second.

Functions and Properties (Pharmacological Actions)

Febrifuge, antiperiodic, anti-epileptic, hypotensive, vermifuge, useful for the removal of lochial remnants, digestive tonic and useful for improving appetite during convalescence.

Specific Actions

Antiperiodic, antidysenteric, effective against dermatoses.

Medicinal Uses

The bark and leaves of Alstonia spp. have been utilized in malarial fever, periodic fevers, and in the treatment of dysentery and diarrhoea. The bark is applied topically for relieving diverse inflammatory skin lesions. The bark has antimalarial action similar to that of quinine. The juice or extract of leaves given with ginger extract is considered of benefit in getting rid of lochia and hasten removal of left over discharges. The bark is effective against chronic diarrhoea, influenza and in intestinal disturbance being cause of seasonal fever. Useful as digestive tonic for improving appetite in convalescence. For this purpose on its infusion, dried Aconitum powder is sprinkled for administration. Fresh leaves poultice is effective against putrefied wounds.

Dosage

1-1.5 g./infusion not more than 12 g. with 6 ml. water.

Corrigent

Cichorium intybus Linn. (Kasni), infusion or extract in water.

Tenedium

Terminalia chebula Retz. (Halela).

Comments

Extensive use or large doses are considered harmful for lungs and stomach. Its administration may cause a fall in blood pressure which may follow by a rise.

Boerhaavia diffusa Linn.
Boerhaavia repens var. diffusa Linn.

Family: **Nyctaginaceae**
Arabic Name(s): Khuridah, Ruqaamat, Ruqat, Wujef
Urdu Name(s): Bashkhura, Bashkhira, Biskhapra, Nakbel
English Name(s): Spreading Hogweed

Parts Used

Roots and leaves, or whole plant.

Quality/Temperament

Warm in second order, dry in first (according to some others, warm and dry in second order).

Functions and Properties (Pharmacological Actions)

Anti-inflammatory, vasodilator, diuretic, stomachic and emmenagogue, resolvent, expectorant. Seeds aphrodisiac general tonic and carminative.

Specific Actions

Anti-inflammatory, vasodilator, diuretic, useful in treatment of renal failure in early stages.

Medicinal Uses

Biskhapra is used in asthma, oedema, jaundice, scanty urine and effectively against internal inflammations. The infusion of the herb is regarded as mild laxative. A poultice made of the root by boiling them is applied to ulcers and abscesses. Fresh juice of leaves is also utilized in dropsy and renal failure. The constituents of methanol extract showed a calcium (Ca^{2+}) channel antagonistic activity in frog heart single cell. It is also traditionally reputed for the cure of heart ailments.

Dosage

2-3 g.

Corrigent

Lactuca scariola Linn. (Kahu), Cochlospermum religiosum (L.) Alston (Katira) and honey.

Tenedium

Carthamus tinctorius Linn.(Qurtum)/Panax notoginseng (Burkill) Hoo & Tseng. (Ginseng).

Comments

The plant is well tolerated, though occasionally in some patients mild laxative activity is noticed. Large doses or continuous use may harm the chest. Seeds are included in tonic aphrodisiac confections.

Boerhaavia coccinea Mill. is also represented by synonym B. repens L. var. procumbens (Roxb.) Hk. in addition to B. diffusa and is found almost everywhere on the plains in Pakistan upto 4000 ft.

Bryophyllum pinnatum (Lam.) Kurz

Syn.: B. calycinum Salisb., Kalanchoe pinnata Pers.
Family: **Crassulaceae**
Arabic Name(s): Mariyaphilan
Urdu Name(s): Zakhm-Haiyat, Kopata, Barg-e-'Ajeeb, Haem Sagar, Kotak
English Name(s): Bryophyllum

Parts Used

Leaves.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Antiseptic, styptic, anti-inflammatory, antipyretic, analgesic, vulnerary, antidiarrhoeal, antidysenteric, emollient.

Specific Actions

Antiseptic, anti-inflammatory, anti-ulcer, analgesic.

Medicinal Uses

Slightly roasted leaves of Bryophyllum are very good application for the treatment of bruises, cuts, wounds, boils and bites of insects. Possess antibacterial and antifungal action. It has shown anti-inflammatory, analgesic and antiulcer, as well as antipyretic activity. In the form of poultice and powder, the leaves are used for sloughing ulcers. Reduced to paste and applied daily to wounds encourage papilation. Juice of leaves is useful antidiarrhoeal when given in liquefied butter.

Dosage

Juice of leaves in quantity of 3-12 g. (approximately) in liquefied (warm) butter.

Corrigent

Honey.

Tenedium

Bryophyllum serratum Blanco; and B. triangulare Blanco (Syn. Kalanchoe laciniata DC.); Coriander dried, Hyoscyamus niger Linn.

Comments

This African succulent is cultivated in Sindh and Punjab gardens. There are two varieties of plant described in books on materia medica (e.g. Khazainat al-Adviya, 1917 Vol. II, pp. 661-662), the other one is with small leaves spread on ground, its leaves dried powdered and taken in approximately 12 grams quantity daily for seven days are considered effective for drying the piles.

Buxus papillosa C.K. Schn.

Syn.: Buxus sempervirens Hk.
Family: **Buxaceae**
Arabic Name(s): Baqas, Baqsees
Urdu Name(s): Chikri, Bafash
English Name(s): Boxwood Tree

Parts Used

Bark, wood and green leaves, flowers (distillate).

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Diuretic, diaphoretic, febrifuge, laxative, sedative, antibilious, tonic for hairs. Seeds are astringent, desiccant, antirheumatic, antigout.

Specific Actions

Antigout, effective against dermatitis, astringent, diuretic, antibilious.

Medicinal Uses

Bark, wood and leaves of Buxus papillosa Schn. are used topically for treating gout, rheumatism, syphilis, leprosy and other kinds of dermatitis. Decoction of leaves is effective for washing in prolapsus ani. The fruit and seeds are astringent

and desiccate the intestines as well as arrest the quantity of extra saliva produced. Large quantities of fruit may exhibit antifertility affect in women. For skin ailments, freckles etc. its decoction in paste is effective. It is said that comb made from its wood is useful in giving strength to hair roots and paste of leaves with henna darken the hair and relieves headache. Aqua distillate of flowers is fragrant, aromatic, cardiac and cephalic tonic.

Dosage

3-5 g. approximately, dried fruit upto 13 gram.

Corrigent

Sikanjbin (honey and lemon juice or vinegar) and sour articles.

Tenedium

Peganum harmala Linn. (Harmal), Ruta graveolens Linn. (Sudab).

Comments

Exhibit toxicity which may include cramps, diarrhoea, nausea and collapse (as respiratory failure) on oral administration, as well as may act as convulsant following overdose. Leaves are described as poisonous for camel. Large quantities of fruit may exhibit antifertility affect. Buxus sempervirens Linn. known as Shamshad enjoys same medicinal reputation in traditional medicine as that of B. papillosa Schn.

Caralluma tuberculata N.E. Brown

Family: **Asclepiadaceae**
Arabic Name(s): Al-Ghallif
Urdu Name(s): Chaung, Chungan
English Name(s): Caralluma

Parts Used

Whole plant.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

The plant is bitter, cooling, alterative, anti-inflammatory, antidiabetic, anthelmintic. Cooking renders a nutritive dish in curry form.

Specific Actions

Antidiabetic, anti-inflammatory, cooling.

Medicinal Uses

Whole plant of Caralluma is used as antidiabetic, anthelmintic, in rheumatism as analgesic, and in disordered conditions supposed to be arose due to blood derangement for example leprosy.

Dosage

Prepared as (cooked) vegetable, however desiccated, dried and powdered may be used in 125 mg. - 1.0 g. dose for recommended duration against symptoms of diabetes.

Corrigent

Piper nigrum Linn. fruit and root.

Tenedium

Gymnema sylvestre R. Br. (Gur-mar), Karela (Momordica charantia Linn.) against diabetes.

Comments

Caralluma edulis Benth. ex Hook f. whole plant is used as vegetable.

Carissa carandas Linn.

Family:	**Apocynaceae**
Arabic Name(s):	Laāz, L`a Anthar
Urdu Name(s):	Kakronda/Karaunda
English Name(s):	Karanda

Parts Used

Leaves, root and fruits.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Antiscorbutic, astringent, cardiotonic, resolvent of inflammations, cooling, stomachic, irritant, purgative.

Specific Actions

Effective against piles and conjunctivitis in application, antiscorbutic.

Medicinal Uses

The fruits of Kakronda are antiscorbutic, refrigerant and digestive. Roots bitter and anthelmintic. Decoction of leaves is given at the commencement of fever to relieve. Root is

grounded and applied on worm infested sores of animals. The ripe fruit is also a remedy for septicemia, the acrid juice of root is used to treat itch.

Dosage

Leaves extract approximately 12 grams. Leaf powder, paste, decoction, infusion and pills (Hab Kakronda).

Corrigent

Salt, sugar, Piper nigrum Linn. (Filfil Syiah).

Tenedium

Carissa spinarum Linn. (Karaunda or Gan) and Carissa inermis Vahl. Syn. C. macrophylla Wall.

Comments

The unripe fruit is sour and astringent and is used for pickles. The ripe fruit is sweet, edible and particularly suitable for tarts, puddings and jellies.

Catharanthus roseus G. Don.

Syn.:	Vinca rosea L.
	Lochnera rosea (L.) Reichb.
Family:	**Apocynaceae**
Arabic Name(s):	Baizul Ghurab
Urdu Name(s):	Sada Bahar, Hamesh Bahar, Bhatar-Buti
English Name(s):	Periwinkle

Parts Used

Leaves, flowers and root.

Quality/Temperament

Warm in second order, dry in first.

Functions and Properties (Pharmacological Actions)

Hypotensive, sedative, and tranquillizer, antidiabetic, deobstruent, repercussive, expectorant, resolvent of inflammations.

Specific Actions

In diabetes, in different forms of tumours in the preliminary stage, anti-leukaemic.

Medicinal Uses

Flowers and leaves of Periwinkle are used in diabetes. The roots are utilized in lumbago. The leaves and flowers both and their constituents are antimitotic resulting in tumour cell death during replication, also used to treat Hodgkin's disease. Employed to relieve lymphosarcoma, choriocarci-

noma, neuroblastoma, and carcinoma of breast, lungs and other organs, also to treat leukaemia in children. Decoction of root is astringent, diaphoretic, emmenagogue, used as stomachic and in dysentery. Leaves are used for diabetes and as purgative in chronic constipation, dyspepsia and indigestion. Flowers for asthma, flatulence, chest complaints and sore throat. Paste of leaves is effective for relieving burning conditions of skin and with henna proves useful against itching.

Dosage

One fresh leaf/flower two times a day. Dried leaves upto 2 g.

Corrigent

Armenian bole (Gil-e-Armani).

Tenedium

Vinca major Linn., Gossypium spp., Gelsimium sempervirens Linn.

Comments

Sensation of burning (skin sensation) may be observed as adverse reactions. Vinca major Linn. is considered as less effective than V. minor Linn.

Cistanche tubulosa (Schenk) Hook. f.

Syn.: Phelipaea tubulosa Schenk.
Orobanche calatropidis Edgew.
Family: **Orobanchaceae**
Arabic Name(s): Zanum, Haluk, Tarthuth
Urdu Name(s): Labbu, Danun, Haaluk
English Name(s): Cistanchis

Parts Used

Whole plant.

Quality/Temperament

Cold in first order, dry in third, anti-stress.

Functions and Properties (Pharmacological Actions)

Astringent, styptic, antidiarrhoeal, tonic for stomach and liver, resolvent, reduces inflammations (like cirrhosis) of internal organs, hepatoprotective.

Specific Actions

Anti-diarrhoeal, staminal tonic, hepatoprotective.

Medicinal Uses

Cistanchis is reputed remedy for diarrhoea and sores, staminal tonic. Whole plant is used with success in chronic and bloody diarrhoea, and sores, reduce inflammations of internal organs. Whole plant also used as tonic and haematic and effectively against the verruca (wart and wart like formations). The plant is applied locally as paste on abscesses, boils and carbuncles. Mixture of lemon juice and powdered plant is given for sore throat.

Dosage

Approximately 7 g., Safuf Tarathith (compound preparation). A small quantity is powdered and mixed with oil, applied on pimples for cure.

Corrigent

In lung affections sugar and Cochlospermum religiosum (L.) Alston (Katira), in skin dryness Plantago ovata Forssk. (husk).

Tenedium

Punica granatum Linn. (dried fruit rind), galls of Quercus infectoria Oliv. (Maazu) in dose of 1/6 to 1/3 or Gum Acacia.

Comments

Identified under the general name of genus (Tarathith). A parasitic herb, found as parasite on the roots of Suaeda nudiflora Moq., Salvadora oleioides Dcne., Calotropis procera R. Br., Paspalidum spp., Calligonum polygonoides Linn.

Coleus forsskohlii (Willd.) Briq.

Syn.:	Plectranthus forsskohlii Willd.
	Coleus barbatus (Andr.) Benth.
Family:	**Labiatae/Lamiaceae**
Arabic Name(s):	Qutan, Baeda
Urdu Name(s):	Pathar-phori, Pathar-chatta
English Name(s):	Country Borage (C. aromaticus Benth.)

Parts Used

Leaves and their juice.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Anodyne, astringent, resolvent, lithontriptic tonic, carminative, cephalic, anticonvulsive, antiepileptic, nutritive, potent diuretic, lithontriptic.

Specific Actions

Antiasthmatic, anticolic, antitumour, useful against conjunctivitis.

Medicinal Uses

Country Borage is reputed remedy for asthma, colic, conjunctivitis, cough and dyspepsia. Leaves used as collyrium and in conjunctivitis. C. forsskohlii is a succulent herb with pleasant aromatic leaves have pungent taste, and are used for flavouring meat and salad. It is considered to be a good substitute for borage, and for flavouring liquors. Leaves are useful for urinary diseases. Juice of leaves mixed with sugar is a useful aromatic carminative employed in dyspepsia (although it is said to possess some intoxicating properties).

Dosage

5 to 12 g.

Corrigent

Raphanus sativus Linn. (extract diluted in water), seeds of Brassica campestris Linn. (Shalgham), sugar candy.

Tenedium

Dolichos biflorus non Linn. (infusion) as lithontriptic.

Comments

Coleus amboinicus Lour. Syn. Coleus aromaticus Benth. is the species usually referred as medicinal. C. forskohlii Briq. Syn. C. barbatus Benth. has been referred as cultivated species, roots of which are pickled and eaten. This species is considered to be the wild ancestor of all the tuber varieties known as Kaffir Potatoes (The Wealth of India Raw Materials (1950), Vol. 2, p. 308).

Digitalis purpurea Linn.
Digitalis lanata Ehrch.

Family: **Scrophulariaceae**
Arabic Name(s): Zehar-al-Kashatabeen, Asb`a al-`Azar
Urdu Name(s): Diljit, Dijtalis
English Name(s): Common Foxglove

Parts Used

Leaves (dried).

Quality/Temperament

Warm and dry in (first standard of) second order.

Functions and Properties (Pharmacological Actions)

Cardiac tonic, sedative, diuretic, it increases the force of systolic contractions and lowers venous pressure in hypertensive heart disease. Leaf infusion cardiotonic, diuretic, sedative, vascular stimulant.

Specific Actions

Cardio-tonic, antihypertensive, diuretic, vascular stimulant.

Medicinal Uses

The major application of Digitalis is in heart ailments, wherein it promotes and stimulates the activity of heart muscle tissues. Digitalis forces more blood into the coronary arteries and improves circulation. If blood circulation gets impaired and dropsy sets in, it helps in restoration and regulation of the function of the heart. It also improves blood supply to the kidneys, promotes urination and reduces oedema. In ethnopharmacology, it has been also referred to relieve epilepsy. Seeds are also described as cordial and diuretic. Ointment made from leaves is a remedy for indurations, also applied to remedy hard breasts and indolent tumours. Leaf infusion is regarded as useful against scrofula and sore throat.

Dosage

Powdered leaves 1.5 g. approximately (or 15 ml. official tincture).

Corrigent

Rosa damascena Mill. (Gulab).

Tenedium

Rauwolfia serpentina Benth. ex Kurz. (Asrol), approximately 500 mg root, and other Digitalis spp.

Comments

Digitalis may cause headache and giddiness as adverse reaction. Ofen planted as ornamental. The plant is used for gastritis, hydropsy and icterus. Use of Digitalis may cause yellow vision, visual and psychic disturbances. Symptoms of Digitalis poisoning may include nausea, diarrhoea, stoma-chache, severe headache, irregular heart beat and pulse, tremors, convulsions and death.

Hibiscus sabdariffa Linn.

Family:	**Malvaceae**
Arabic Name(s):	Karkadeh, Hammaz-al-Ahmer
Urdu Name(s):	Karkader, Karkadiyeh, Lal-ambari, Sabdarifah
English Name(s):	Red Sorrel, Roselle, Jamaica Sorrel, Indian Sorrel

Parts Used

Leaves, flowers and fruit.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Diuretic, expectorant, antihypertensive, refrigerant, resolvent, antibilious, emollient, antiscorbutic, cholagogue.

Specific Actions

Antihypertensive, hypocholesterolemic, and vasodilator, antiscorbutic, resolvent of obstructions from major organs.

Medicinal Uses

The emollient leaves of Hibiscus sabdariffa Linn. are prescribed as expectorant especially to cure cough. The flowers are mostly utilized as antihypertensive, hypocholesterolemic and expectorant beside being used to expel stone from kidney and urinary bladder. While fruit and seeds are used to ward off gastric ulcers and biliary diseases and exert laxative effect.

Dosage

1-2 g., mostly used as simple, but parts of plant are mixed together to form Compound Preparations.

Corrigent

Honey or Citrus fruits.

Tenedium

The different parts of the plant are Tenedium for each other, as well as Hibiscus rosa-sinensis Linn. (China Rose, Gurhal).

Comments

The red flowers (Calyces) are also used fresh as natural food colorant in jelly, beverages, sauces and desserts.

Inula grantioides Boiss.

Family: **Compositae/Asteraceae**
Arabic Name(s): Rasan Sindhi, R`ar`a
Urdu Name(s): Khushkun, Pushkar, Poshkar, Naro
English Name(s): Elecampane, Elecampane Sindhi

Parts Used

Above ground parts (fresh).

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Anti-inflammatory, antipyretic, antispasmodic in bronchial spasm, laxative, antifungal.

Specific Actions

Bronchodilator, antispasmodic, assist healing lacerations and festering wounds.

Medicinal Uses

Elecampane is used to relieve various types of fevers and skin lesions, and for the treatment of asthma (The Wealth of India Raw Materials, Vol. V, 1959). The drug also exhibit potent anti-inflammatory, antipyretic and antispasmodic effects in respiratory disorders.

Dosage

Internally 0.5 g., applied simple as ointment (Zimad) in suitable base.

Corrigent

Honey, Zea mays Linn., lemon juice.

Tenedium

Inula racemosa Hook f.

Comments

A dwarf shrub with succulent strongly scented leaves resembling Orris and Camphor. Roots often used as adulterant of Saussurea lappa C.B. Clarke (Costus). Inula royleana DC. considered to be poisonous and has been used as a disinfectant and parasiticide particularly against lice, fleas and ticks.

Juniperus axcelsa M. Bieb.

Syn.:	J. polycarpos C. Koch
	J. macropoda Boiss.
Family:	**Coniferae**
Arabic Name(s):	'Ar-'ar, Sarw Jabli
Urdu Name(s):	Bantha, Bettar, Dhup guggal, Apursk
English Name(s):	Juniper

Parts Used

Fruits, oil.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aromatic, diuretic, carminative and stimulant, emmenagogue, wood is sudorific, oil is stimulant, diuretic and carminative in small doses.

Specific Actions

Diuretic, disinfectant, antipyretic, anticonvulsant, relieve chest complaints.

Medicinal Uses

The ripe fruit is taken orally to relieve headache (locally the fruits are referred to as natural aspirin) and fever, and chest diseases. The oil distilled from fresh fruits exhibit central nervous depressant activity thus its administration follow fall in blood pressure without affecting the respiration, and exhibit anticonvulsant activity. Juice of the berries possess disinfectant properties. Ashes of the bark are applied in certain skin affections. The berries are regarded as effective against infantile tuberculosis because of the properties that it improves appetite and increase weight. These are also useful stimulant against amenorrhoea and to relieve dysmenorrhoea.

Dosage

One to three ripe fruits (infusion is the best as a vehicle for other diuretics).

Corrigent

Honey.

Tenedium

Ruta graveolens Linn. (for relieving amenorrhoea and dysmenorrhoea) in equal dose.

Comments

In the Middle Ages, the berries were credited to possess antiseptic properties. Externally the oil is a skin irritant. Wood is resinous and in remote areas used as an incense.

Leucas capitata Spreng.

Syn.: L. cephalotus (Roth.) Spreng.
Family: **Labiatae/Lamiaceae**
Arabic Name(s): Leucasi, Sisaliyus
Urdu Name(s): Guma Buti, Goman, mal-doda, tumma, Gomi
English Name(s): Leucas

Parts Used

Leaf, flowers, seeds and whole plant.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Stimulant, antipyretic, antidiarrhoeal, antiseptic, anti-inflammatory, expectorant, laxative, antibacterial, antispasmodic.

Specific Actions

Anti-inflammatory, antipyretic, astringent, antidiarrhoeal, nasal drops administered to cure migraine.

Medicinal Uses

Leucas is registered useful in the treatment of cough, cold and gastric complaints. Plant paste is used to subside swellings, leaf and flower is given as expectorant and anthelmintic. Flower juice is prescribed as nasal drops (two or three) to pour into nostrils to get relief from migraine.

Compound Preparations

Whole plant is used as diaphoretic and stimulant. Leaves for dysentery and diarrhoea. Flowers for cough and fever, a twig with flowers and seeds is pounded in mustard oil and 2-3 drops put in ear to stop pus formation.

Dosage

Approximately 1-2 g.

Corrigent

Piper nigrum Linn., Honey and Zingiber officinale Rosc.

Tenedium

Eclipta alba (L.) Hassk., Eclipta prostrata Roxb. (Bhangra species) in same dose regimen, also Leucas cephalotus Spreng. and Achyranthes aspera Linn.

Comments

Leucas capitata Desf. Syn. L. cephalotus Spreng. as common weeds. Excessive intake or large dose of its preparations is considered harmful for individuals with warm temperament.

Leucas and Achyranthes species are generally identified under the name Sisaliyus (Arabic).

Magnolia grandiflora Linn.
Magnolia officinalis Rehd. & Wilson

Family:	**Magnoliaceae**
Arabic Name(s):	Maghnolia, Shajrat al-`Atriyah
Urdu Name(s):	Hara-Champa, Him Champa
English Name(s):	Bull Bay, Magnolia, Laurel Magnolia

Parts Used

Bark.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Aromatic stimulant, diuretic, expectorant, analgesic, sedative, anodyne, carminative, antispasmodic, central nervous system depressant, anticonvulsant, muscle relaxant, bark powder is antiperiodic.

Specific Actions

Antibacterial, antispasmodic, effectively treat gastrointestinal disorders.

Medicinal Uses

Magnolia spp. (bark) has shown activity against contact dermatitis. Magnolia bark has potent antibacterial action against a primary carcinogenic bacterium Streptococcus mutans which cause dental caries in human subjects. The bark is effective in the treatment of gastrointestinal diseases, malaria and rheumatism. Extract of the plant (bark) cause a rapid fall in blood pressure when administered intravenously to experimental animals (The Wealth of India Raw Materials, Vol. VI, 1962, 224).

Dosage

Powder of the bark 500 mg. - 1.0 g. approximately.

Corrigent

Fresh milk, Barley water.

Tenedium

Magnolia denudata Desr. (Yulan Magnolia) bark.

Comments

Cultivated in Abbottabad, a native of North and South America medicinally used in Chinese medicine. The bark contains magnocurarine, magnospermine and salicifoline which possess muscle relaxant and blood pressure lowering qualities. M. grandiflora Linn. is the source of considerable lumber in America known as Magnolia in trade. Magnol and honokiol are major components of Magnolia cortex which are the most important constituents for the prescription for therapy of anxiety, neurological disturbances, and gastrointestinal disorders.

Mirabilis jalapa Linn.

Family: **Nyctaginaceae**
Arabic Name(s): Shabul Lail, Athmaan
Urdu Name(s): Gul-e-Abbas, Gul-`Abbasi
English Name(s): Four O'clock, Marvel of Peru

Parts Used

Leaves, seeds and root.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Root has aphrodisiac tonic and blood purifying attributes. Seeds are desiccant, astringent and styptic. Leaves are resolvent and suppurative-concoctive.

Specific Actions

Styptic, anti-haemorrhoidal, relieve urticaria.

Medicinal Uses

Gul-e-`Abbas is utilized to cure a variety of ailments. Root is purgative, aphrodisiac. It proves much effective as concoctive and breaks the hard swellings after suppuration is caused so that the putrefied matter is released from the affected site. Decoction of the root is useful for relieving joint pains in rheumatism as well as in syphilis. Seeds as astringent and styptic administered to stop internal haemorrhages particularly excessive bleeding in menorrhagia. Flowers dried and powdered given to relieve piles. The leaves are used as poultice to promote suppuration in cases of abscess and boils. Fresh leaves juice is demulcent and applied on body gives relief in urticaria (Asima Chatterjee, Satyesh Chandra Pakrashi., The Treatise on Indian Medicinal Plants. Publ. & Inf. Directorate, New Delhi, Vol. 1, 1991, p. 77). Root rubbed with water applied externally to relieve contusions.

Dosage

Root and leaves 7-12 g. Mostly single herb preparations are used.

Corrigent

Milk and sugar.

Tenedium

There are three varieties of this ornamental, red, white and black (or hybrids thereof). One can substitute other variety in medicinal benefits.

Comments

Harmful to individuals having warm temperament. The flowers and leaves are effective vehicles in making lead oxide and copper sulphate calcined (following grinding and incineration).

Nyctanthes arbor-tristris Linn.

Family: **Verbenaceae**
Arabic Name(s): Yasmeen
Urdu Name(s): Har Singhar
English Name(s): Night Jasmine

Parts Used

Leaf, flowers and seeds.

Quality/Temperament

Flowers warm and dry in second order, leaf and seeds cold and dry in first order.

Functions and Properties (Pharmacological Actions)

Astringent, antiscrofulous, pectoral, antipyretic, antihelmintic, anti-inflammatory, antibilious, expectorant, diuretic.

Specific Actions

Antimalarial, anti-inflammatory, antirheumatic, antipyretic, nervine sedative and tonic.

Medicinal Uses

Night Jasmine is useful against intermittent and remittent fevers, worm infestation, piles and to cure respiratory diseases, leaf paste applied on ringworm affections with benefit. Flowers refreshing tonic, anthelmintic, aphrodisiac, expressed oil from flowers is useful in respiratory tract diseases, sore throat cure, and ailments due to phlegm and bile, while poultice is usefully applied for relief in fractured bones. Seed paste is employed for scurfy affections of the scalp, and seed kernel along with black pepper (Piper nigrum Linn.) is used to cure inflamed piles. Decoction of leaves is given with advantage in sciatica.

Compound Preparations

Single drug as simple.

Dosage

Approximately 1-2 g. (all parts). Decoction half tea spoonful. Mostly single herb preparation are used.

Corrigent

Honey and Piper nigrum Linn.

Tenedium

Terminalia arjuna W.A. bark (for fractured bones).

Comments

Bark of the tree may be used as astringent. The bright orange corolla tubes of the flowers contain a colouring matter, nyctanthin which is identical with α-crocetin from Saffron.

Oldenlandia retrorsa Boiss.
Oldenlandia corymbosa Linn.

Family: **Rubiaceae**
Arabic Name(s): Miswak Alni
Urdu Name(s): Khet Papra, Parpata, Pitpapra
English Name(s): Oldenlandia

Parts Used

Above ground parts/whole plant.

Quality/Temperament

Cold in first order, dry in second.

Functions and Properties (Pharmacological Actions)

Antipyretic, expectorant, antibilious, causes uterine contraction, febrifuge, anti-inflammatory.

Specific Actions

Causes uterine contractions, anti-inflammatory and to treat jaundice.

Medicinal Uses

Oldenlandia decoction is administered to cure asthma, bronchitis, hay fever and jaundice. Decoction is also utilized in dysentery, and sore throat. The entire plant is used for its cooling, pectoral and stomachic properties. Administered usually in the form of decoction in remittent fever with gastric irritability, nervous depression caused by deranged bile, and liver inflammations and as a cure for heat eruptions. Juice of the plant is applied to palms and soles to relieve burning sensation in fevers. Plant is boiled in water and the brew is used for mouth wash in toothache. The plant has been also used as an anthelmintic. Uterine contraction attribute is considered to be due to two distinct oxytoxic principles (serotonin and a uteroactive polypeptide).

Dosage

Approximately 5-7 g. Used as simple (mufrad) mostly in decoctions.

Corrigent

Cichorium intybus Linn. (or its water extract).

Tenedium

Shahtara (Fumaria parviflora Lam., Fumaria indica (Haussk) Pugslay) and Swertia chirata Buch. & Ham.

Comments

Oldenlandia (Pitpapra) must not be confounded with Fumitory (Fumaria spp.). Generally the whole Oldenlandia plants are uprooted (when it is frequent in rainy season) and supplied in small quantities fresh or dry, by the local dealers.

Panax ginseng C. A. Mey
Panax notoginseng (Burkill) Hoo & Tseng (Sanchi Ginseng)

Panax quinquefolius Linn. (Ginseng)

Family:	**Araliaceae**
Arabic Name(s):	Panaxi, Junsha, Al-Jazr al-Admi, Junsha-Kaazibah
Urdu Name(s):	Jenseng, Tapmari
English Name(s):	Ginseng

Parts Used

Roots (and leaves in tea).

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Alterative, antiseptic, carminative, demulcent, stimulant, aphrodisiac, febrifuge, general tonic, reduces blood sugar concentration and acts favourably on metabolism, the central nervous system and on endocrine secretions.

Specific Actions

Adaptogen, central nervous system stimulant, general tonic.

Medicinal Uses

Ginseng spp. are utilized as brain tonic, useful against cough and asthma, general debility, dyspepsia, nausea and headache, polyuria, to overcome fatigue, forgetfulness, to improve natural resistance in the body during treatment of

diabetes, insomnia, gastritis, and neurasthenia. Syrup prepared from the leaves is regarded as useful expectorant in cough. There are antifebrile properties attributed to Ginseng and the species used for this purpose are named tapmari after its quality. Affections for the cure of which it is valuable and as such usually treated include dyspepsia, vomiting and nervous affections, as supplement with other drugs used for chronic disorders, general and sexual debility. Also used as masticatory and in infusions.

Dosage

As decoction, liquid extract or as powder: dose 1-2 g.

Corrigent

Sikanjbin and Lactuca sativa Linn. (seeds).

Tenedium

The other two species Panax notoginseng (Burkill) Hoo & Tseng. and P. quinquefolius Linn. are used in place of Panax ginseng C.A. Mey., also Phoenix sylvestris Roxb.

Comments

Infusion of the leaves is used to make palatable tea. Ginseng is considered as one of those genuine items of herb marketing which have tremendous potential. Like Aloe and Jojoba it is one of the prime herbs included all over the world in natural cosmetics. Species of Ginseng other than the above mentioned have been reported to be sedative, anodyne, emetic, pectoral, and purgative, used for asthma, ear problems, fever, and internal inflammations. Regarded as a panacea in traditional systems of medicine.

Pluchea indica Less.

Syn: Pluchea foliosa DC., Conyza corymbosa Roxb.

Pluchea arguta Boiss.
Pluchea lanceolata Clarke

Family: **Compositae/Asteraceae**
Arabic Name(s): Matbaa Hindi, Barnof
Urdu Name(s): Rasna, Rasan, Zanjbeel-Shaami, Phaara-buti, Majusar
English Name(s): Pluchea

Parts Used

Roots, aerial parts.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Astringent, anti-inflammatory, antispasmodic, emmenagogue, carminative, stomachic, antidyspeptic, antiflatulent, anthelmintic (for children), lithontriptic-diuretic.

Specific Actions

Antirheumatic, laxative, antispasmodic, anthelminthic.

Medicinal Uses

The decoction or powdered root and aerial parts of Pluchea spp. are effective against arthritis, as laxative, analgesic and antipyretic, while decoction of aerial parts is useful in urinary tract diseases, dissolves kidney stones and stimulate urination, antispasmodic for respiratory disorders, infusion is used to treat leucorrhoea.

Dosage

Decoction, 25-30 g. of dried aerial parts, 5-6 g. of roots.

Corrigent

Cochlospermum religiosum Linn. and oils (for example Almond oil).

Tenedium

Alpinia galanga Willd. (Khulanjan) and Pluchea lanceolata Clarke [Syn. Barthelotia lanceolata DC., Conyza lanceolata Wall.] in same dose regimen.

Comments

It has been used as a substitute for Sarsaparilla radix (`Ushba) (Khazain al-Adviya Vol. 2, 1917, p. 593-94) and (leaves) as substitute for Senna. Pluchea lanceolata Clarke (Sarmei, Reshmi) is a weed of cultivation. Its leaves are aperient and often used to adulterate Senna.

Plumeria obtusa Linn.

[Plumeria rubra acutifolia = **Frangipani Tree**]

Family:	**Apocynaceae**
Arabic Name(s):	Yasmeen Hindi
Urdu Name(s):	Champa, Aachin
English Name(s):	Temple Tree, Pagoda Tree

Parts Used

Root, stem, bark, leaves, flower buds and flowers.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Local anaesthetic, antibacterial, antifungal, antipyretic, diuretic, febrifuge, cardiac tonic, hypoglycaemic and pectoral, root purgative and vermifuge.

Specific Actions

Febrifuge, pectoral, hypoglycaemic.

Medicinal Uses

Root bark of Plumeria obtusa Linn. is strong purgative, and useful for venereal sores and as vermifuge. Leaves are considered useful in gum troubles and as stomachic. Flowers as contraceptive, hypoglycaemic and pectoral. Flower distillate is considered tonic for heart, powdered bark is useful antiperiodic. The flower buds are kept for sometime in water and the water is dropped into eyes for strengthening the eyesight. The buds are also eaten like betel leaves (as masticatory) as febrifuge. The bark is effective against intermittent fevers, is administered like Cinchona. The bark is also a favourite remedy against gonorrhoea and gleet when made into paste with curd and applied on the affected parts. Latex is applied on ulcers, and scabies, it is also used for relieving toothache and pain in teeth having cavities.

Dosage

Bark 500 mg. - 1.5 g., flower buds are eaten raw.

Corrigent

Pimpinella anisum Linn. (Anisun), Cochlospermum religiosum (L.) Alston. (Katira), Viola odorata Linn. (Banafsha).

Tenedium

Plumeria alba Linn., Plumeria acutifolia Linn.

Comments

Plumeria alba Linn. and P. acutifolia are the Safaid Champa, and P. rubra Linn. is Lal-Champa. According to the authors of Pharmacographia Indica (Vol. 1, 1890, p. 42). Michelia champaca Linn. var. rheed (N.O. Magnoliaceae) has been referred as Champa (under this vernacular name) with some medicinal properties attributed to it, but in the Wealth of India Raw Materials (Vol. VI, 1962, p. 370) it has been referred under trade name Champak and is of approximately 25-30 feet height whereas Plumeria spp. are from 3 to 7 meters height only.

Pongamia pinnata Linn.

Syn.: Pongamia glabra Vent.
Family: **Papilionaceae**
Arabic Name(s): Shanaf-al-Daik
Urdu Name(s): Karanj, Sukh-Chain
English Name(s): Indian Beech/Garland of Night

Parts Used

Seeds, bark and leaves.

Quality/Temperament

Warm in third order, dry in first.

Functions and Properties (Pharmacological Actions)

Desiccant, acrid, hypotensive, cause uterine contractions, analgesic, antispasmodic, antiseptic.

Specific Actions

Useful against dermatological disorders e.g., psoriasis, psychosomatic skin disorders, eczema.

Medicinal Uses

Seeds and leaves of Pongamia pinnata Linn. are frequently used as remedy for skin diseases and rheumatism and to destroy worms in sores. The seeds crushed to paste are used on leprous sores, rheumatic joints and dermal eruptions. A hot infusion of Pongamia leaves is used as medicated bath to relieve rheumatic pains and clean foul sores and ulcers. Seed oil with gingeli oil is used as remedy in scabies, herpes, leucoderma and other skin diseases especially in psoriasis. The bark is warm, bitter, acrid, anthelmintic, alexipharmic, useful in vaginal and skin troubles, and good for tumors, piles, wounds, ulcers and itching. Pulp of the fresh bark is given in bleeding piles.

Dosage

250 mg. - 1 g. approximately. Used as simple drug remedy as liniment (Zimad).

Corrigent

Piper nigrum Linn. (black pepper), root of black pepper (daar-e-filfil).

Tenedium

Podophyllum peltatum Linn. (in psoriasis, as external application), generally the leaves may act as alternative for seeds.

Comments

Patient loses weight during treatment, and may develop high blood pressure.

Prosopis juliflora (SW.) DC.

Family: **Mimosaceae**
Arabic Name(s): Ghaaf, Miskeet
Urdu Name(s): Kandi, Vilayati Kikar, Jhand, Kandi, Jand
English Name(s): Velvet Mesquite

Parts Used

Pods and leaves, bark.

Quality/Temperament

Cold and dry in first order.

Functions and Properties (Pharmacological Actions)

Cathartic, discutient, emetic, astringent, desiccant, cooling.

Specific Actions

Externally applied as antifungal and antiviral agent.

Medicinal Uses

The leaves of Velvet Mesquite are externally employed to treat open sores on the skin, as well as antibacterial, antifungal and antiviral. The bark and seeds used to treat bronchitis, laryngitis, and pharyngitis, while leaves have been used as folk remedy to treat eyes inflammation, catarrh, abscessed teeth, cold, flu, headache, stomachache and diarrhoea. Leaves and pods in the days of famines are made into flour to consume as food.

Dosage

5-7 g. approximately.

Corrigent

Oils.

Tenedium

Prosopis glandulosa Torr., Prosopis cineraria (L.) Druce.

Comments

The ingestion of Prosopis juliflora (SW.) DC. over a long period results in death. If used uncontrolled may cause emesis. Gum of Velvet Mesquite is described as irritant.

Rhazya stricta Decne.

Family: **Apocynaceae**
Arabic Name(s): Raziyun
Urdu Name(s): Sanwar, Vena, Vina, Sehar, Sewar, Gunders
English Name(s): Rhazya

Parts Used

Above ground parts.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Febrifuge, bitter tonic, anticancer, antirheumatic, anti-emetic.

Specific Actions

Antirheumatic, antitumour, useful in sore throat treatment.

Medicinal Uses

Rhazya is used as bitter tonic for sore throat, and as an effective drug in fever, general debility and chronic rheumatism. It has been utilized to arrest tumour growth in primary stages. The leaves, flower and fruit are also used in joint affections and the dried fruit to coagulate milk. The bitter leaves are made into cooling bitter infusion having tonic attributes in high temperature arid zones. Leaf juice mixed with milk is administered to children for eruptions, leaves mixed with fruits are also applied to eruptions and boils. It is also utilized to cure toothache, in the prevention of vomiting, as well as to produce cool sensation in mouth and throat.

Dosage

Dried leaves approximately 6 g.; juice approximately 12 ml.

Corrigent

Armenian Bole (Gil-e-Armani).

Tenedium

Catharanthus roseus G. Don. (leaves).

Comments

Anticancer activity of some of its alkaloids has been reported in the literature. (Atta-ur-Rahman, M.M. Qureshi, K. Zaman, S. Malik, S.S. Ali, Fitoterapia, LX (4), 291-322 (1989). Atta-ur-Rahman, Philip W. Le Quesne (Eds.) New Trends in Natural Product Chemistry. Proceed. of the 2nd Int. Symp. Pakistan-US Binational Workshop and UNESCO SCAMP

Workshop on Nat. Prod. Chem. 18-25 January, 1986, Karachi, p. 398).

Salvadora oleioides Decne.

Syn.: Salvadora stocksii Wight.
Family: **Salvadoraceae**
Arabic Name(s): Arak
Urdu Name(s): Chhota Pilu, Jhal, KHabar
English Name(s): Tooth Brush Tree

Parts Used

Root, branches, fruit, leaves, bark.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Deobstruent, carminative, diuretic, detersive, resolvent of inflammations, stimulant, emmenagogue, antiphlegmatic (liquefies phlegm), fruit emetic.

Specific Actions

Antidiarrhoeal, antiseptic, useful against enlarged spleen.

Medicinal Uses

The short pieces of young branches of Salvadora oleoides Decne. being used to clean the teeth. If taken in 15 numbers orally with two glasses of water, the fruit induce vomiting particularly in cases of food poisoning, also used in enlarged spleen. The leaves are used in diarrhoea and cough and as purgative. The wood is burnt into ash, mixed with mustard oil and applied to treat rash and sarcoptic mange. Young branches are used as tooth brush prove effective against dental caries. Ripe fruits are eaten as food which also clear the chest of deposited phlegm and bring required perspiration, as well as get rid of flatulence. Decoction of bark is effective stimulant tonic for bringing menses in dysmenorrhoea. With borax it is given internally to reduce the toxicity produced in body due to insects or reptiles bite.

Dosage

Requisite parts upto 10 g. (in decoction). Decoction is also made from upto 10 g. of bark. May be used as an ingredient of tooth paste.

Corrigent

Pimpinella anisum Linn. or Santalum album Linn.

Tenedium

Salvadora persica Linn. (Bara Peelu).

Comments

Salvadora oleoides Decne. is one of our common shrub (or tree) in desert regions. S. persica L. (Bara Peelu) with broader leaves is not so common.

Taxus wallichiana Zucc.

Syn.: Taxus baccata ssp. wallichiana (Zucc.) Pilger
Family: **Taxaceae**
Arabic Name(s): Zarnab, Hadas,Tanob, Shajar al Fashagh
Urdu Name(s): Talispatar, Sarw-Turkistani
English Name(s): Silver Fir

Parts Used

Bark and leaves.

Quality/Temperament

Warm and dry in second order (in the last standard).

Functions and Properties (Pharmacological Actions)

Carminative, expectorant, astringent, stomachic, tonic for the stomach, liver and vital organs, appetite stimulant.

Specific Actions

Antirheumatic as an external application, astringent, antirheumatic, abortifacient.

Medicinal Uses

Silver Fir is externally applied as an antidote to spider bites, antirheumatic; and decoction of one needle as antimalarial and cardiotonic. The infusion of leaves exert abortifacient activity and is the cause of poisoning. A small quantity of leaves of Taxus wallichiana Zucc. are given with the decoction of Adhatoda vasica Nees. (Vasaka) along with honey in cough, asthma and hemoptysis. Another preparation of Taxus wallichiana Zucc. along with black pepper, ginger, cardamom and cinnamom prepared in honey is prescribed in phthisis, asthma, bronchitis and vesical catarrh.

Dosage

Not exceeding 3 g.

Corrigent

Dried coriander (Coriandrum sativum Linn.), and Santalum album Linn. (Sandal).

Tenedium

Taxus baccata Linn. (Zarnab, Rajl al-Jarad/Golden Yew, English Yew), Cinnamon (1-3 g.).

Comments

The leaves of Yew (four or five handful of leaves corresponding to 150 needles are generally considered lethal to human being. Red arils are sweetish, edible and used for making jams and pickled as well. Taxol, a diterpene pseudoalkaloid exhibit significant anticancer activity (breast cancer, lung cancer, melanoma and ovarian cancer).

Teucrium stoksianum Boiss.

Family: **Labiatae/Lamiaceae**
Arabic Name(s): Kamazariyuni, Jaddah, Teukrion
Urdu Name(s): Kalpura, Hussain Booti
English Name(s): Germander

Parts Used

Stem and leaves/aerial parts.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Stimulant, antiseptic, sudorific, generally given for treating phthisis and cough. Flower tops and leaves are astringent, diaphoretic and vermifuge.

Specific Actions

Antiflatulent, protective against seasonal colds and skin complaints, cardiotonic.

Medicinal Uses

Germander is used to relieve excessive stomach gas and itching associated with malarial fever and typhoid. Recommended for the treatment of influenza and cold and to treat diabetes, flatulent dyspepsia and to functionally strengthen the heart. Also useful to treat jaundice and as general tonic. Aerial parts turned into burnt ash and made as paste with mustard oil is useful application against skin irritation.

Dosage

Approximately 100-125 g., Infusion of the aerial parts (fresh or dried coarsely ground).

Corrigent

Gum Acacia and either Boswellia serrata Roxb. or Boswellia glabra Roxb. (Kundur - gum).

Tenedium

Teucrium scordium Linn. (Water Germander, whole plant).

Comments

Extract of Teucrium scordium Linn. is given in lupus and actinomycosis. The herb yields a yellowish-green dye. T. chamaedrys Linn. is known as the Wall-Germander is regarded to be useful against spleen disorders and rheumatism and as sudorific and diuretic.

Alstonia macrophylla Wall.

Syn: Alstonia batino Blanco

Alstonia scholaris (Linn.) R. Br.

Family: **Apocynaceae**
Arabic Name(s): Scholarsi, Khaaniqat al-Kalab, Shajaratah fi Asiya al-Harrah
Urdu Name(s): Chatian, Chattun, Satuna, Satavan
English Name(s): Shaitan or Chatiyan Wood, Dita Bark

Parts Used

Bark and leaves (mostly bark which is bitter).

Quality/Temperament

Cold in first order and dry in second.

Functions and Properties (Pharmacological Actions)

Febrifuge, antiperiodic, anti-epileptic, hypotensive, vermifuge, useful for the removal of lochial remnants, digestive tonic and useful for improving appetite during convalescence.

Specific Actions

Antiperiodic, antidysenteric, effective against dermatoses.

Medicinal Uses

The bark and leaves of Alstonia spp. have been utilized in malarial fever, periodic fevers, and in the treatment of dysentery and diarrhoea. The bark is applied topically for relieving diverse inflammatory skin lesions. The bark has antimalarial action similar to that of quinine. The juice or extract of leaves given with ginger extract is considered of benefit in getting rid of lochia and hasten removal of left over discharges. The bark is effective against chronic diarrhoea, influenza and in intestinal disturbance being cause of seasonal fever. Useful as digestive tonic for improving appetite in convalescence. For this purpose on its infusion, dried Aconitum powder is sprinkled for administration. Fresh leaves poultice is effective against putrefied wounds.

Dosage

1-1.5 g./infusion not more than 12 g. with 6 ml. water.

Corrigent

Cichorium intybus Linn. (Kasni), infusion or extract in water.

Tenedium

Terminalia chebula Retz. (Halela).

Comments

Extensive use or large doses are considered harmful for lungs and stomach. Its administration may cause a fall in blood pressure which may follow by a rise.

Boerhaavia diffusa Linn.
Boerhaavia repens var. diffusa Linn.

Family: **Nyctaginaceae**
Arabic Name(s): Khuridah, Ruqaamat, Ruqat, Wujef
Urdu Name(s): Bashkhura, Bashkhira, Biskhapra, Nakbel
English Name(s): Spreading Hogweed

Parts Used

Roots and leaves, or whole plant.

Quality/Temperament

Warm in second order, dry in first (according to some others, warm and dry in second order).

Functions and Properties (Pharmacological Actions)

Anti-inflammatory, vasodilator, diuretic, stomachic and emmenagogue, resolvent, expectorant. Seeds aphrodisiac general tonic and carminative.

Specific Actions

Anti-inflammatory, vasodilator, diuretic, useful in treatment of renal failure in early stages.

Medicinal Uses

Biskhapra is used in asthma, oedema, jaundice, scanty urine and effectively against internal inflammations. The infusion of the herb is regarded as mild laxative. A poultice made of the root by boiling them is applied to ulcers and abscesses. Fresh juice of leaves is also utilized in dropsy and renal failure. The constituents of methanol extract showed a calcium (Ca^{2+}) channel antagonistic activity in frog heart single cell. It is also traditionally reputed for the cure of heart ailments.

Dosage

2-3 g.

Corrigent

Lactuca scariola Linn. (Kahu), Cochlospermum religiosum (L.) Alston (Katira) and honey.

Tenedium

Carthamus tinctorius Linn.(Qurtum)/Panax notoginseng (Burkill) Hoo & Tseng. (Ginseng).

Comments

The plant is well tolerated, though occasionally in some patients

mild laxative activity is noticed. Large doses or continuous use may harm the chest. Seeds are included in tonic aphrodisiac confections.

Boerhaavia coccinea Mill. is also represented by synonym B. repens L. var. procumbens (Roxb.) Hk. in addition to B. diffusa and is found almost everywhere on the plains in Pakistan upto 4000 ft.

Bryophyllum pinnatum (Lam.) Kurz

Syn.: B. calycinum Salisb., Kalanchoe pinnata Pers.
Family: **Crassulaceae**
Arabic Name(s): Mariyaphilan
Urdu Name(s): Zakhm-Haiyat, Kopata, Barg-e-'Ajeeb, Haem Sagar, Kotak
English Name(s): Bryophyllum

Parts Used

Leaves.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Antiseptic, styptic, anti-inflammatory, antipyretic, analgesic, vulnerary, antidiarrhoeal, antidysenteric, emollient.

Specific Actions

Antiseptic, anti-inflammatory, anti-ulcer, analgesic.

Medicinal Uses

Slightly roasted leaves of Bryophyllum are very good application for the treatment of bruises, cuts, wounds, boils and bites of insects. Possess antibacterial and antifungal action. It has shown anti-inflammatory, analgesic and antiulcer, as well as antipyretic activity. In the form of poultice and powder, the leaves are used for sloughing ulcers. Reduced to paste and applied daily to wounds encourage papilation. Juice of leaves is useful antidiarrhoeal when given in liquefied butter.

Dosage

Juice of leaves in quantity of 3-12 g. (approximately) in liquefied (warm) butter.

Corrigent

Honey.

Tenedium

Bryophyllum serratum Blanco; and B. triangulare Blanco (Syn. Kalanchoe laciniata DC.); Coriander dried, Hyoscyamus niger Linn.

Comments

This African succulent is cultivated in Sindh and Punjab gardens. There are two varieties of plant described in books on materia medica (e.g. Khazainat al-Adviya, 1917 Vol. II, pp. 661-662), the other one is with small leaves spread on

ground, its leaves dried powdered and taken in approximately 12 grams quantity daily for seven days are considered effective for drying the piles.

Buxus papillosa C.K. Schn.

Syn.: Buxus sempervirens Hk.
Family: **Buxaceae**
Arabic Name(s): Baqas, Baqsees
Urdu Name(s): Chikri, Bafash
English Name(s): Boxwood Tree

Parts Used

Bark, wood and green leaves, flowers (distillate).

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Diuretic, diaphoretic, febrifuge, laxative, sedative, antibilious, tonic for hairs. Seeds are astringent, desiccant, antirheumatic, antigout.

Specific Actions

Antigout, effective against dermatitis, astringent, diuretic, antibilious.

Medicinal Uses

Bark, wood and leaves of Buxus papillosa Schn. are used topically for treating gout, rheumatism, syphilis, leprosy and other kinds of dermatitis. Decoction of leaves is effective for washing in prolapsus ani. The fruit and seeds are astringent and desiccate the intestines as well as arrest the quantity of extra saliva produced. Large quantities of fruit may exhibit antifertility affect in women. For skin ailments, freckles etc. its decoction in paste is effective. It is said that comb made from its wood is useful in giving strength to hair roots and paste of leaves with henna darken the hair and relieves headache. Aqua distillate of flowers is fragrant, aromatic, cardiac and cephalic tonic.

Dosage

3-5 g. approximately, dried fruit upto 13 gram.

Corrigent

Sikanjbin (honey and lemon juice or vinegar) and sour articles.

Tenedium

Peganum harmala Linn. (Harmal), Ruta graveolens Linn. (Sudab).

Comments

Exhibit toxicity which may include cramps, diarrhoea, nausea and collapse (as respiratory failure) on oral administration, as well as may act as convulsant following overdose. Leaves are described as poisonous for camel. Large quantities of fruit may exhibit antifertility affect. Buxus sempervirens Linn. known as Shamshad enjoys same medicinal reputation in traditional medicine as that of B. papillosa Schn.

Caralluma tuberculata N.E. Brown

Family: **Asclepiadaceae**
Arabic Name(s): Al-Ghallif
Urdu Name(s): Chaung, Chungan
English Name(s): Caralluma

Parts Used

Whole plant.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

The plant is bitter, cooling, alterative, anti-inflammatory, antidiabetic, anthelmintic. Cooking renders a nutritive dish in curry form.

Specific Actions

Antidiabetic, anti-inflammatory, cooling.

Medicinal Uses

Whole plant of Caralluma is used as antidiabetic, anthelmintic, in rheumatism as analgesic, and in disordered conditions supposed to be arose due to blood derangement for example leprosy.

Dosage

Prepared as (cooked) vegetable, however desiccated, dried and powdered may be used in 125 mg. - 1.0 g. dose for recommended duration against symptoms of diabetes.

Corrigent

Piper nigrum Linn. fruit and root.

Tenedium

Gymnema sylvestre R. Br. (Gur-mar), Karela (Momordica charantia Linn.) against diabetes.

Comments

Caralluma edulis Benth. ex Hook f. whole plant is used as vegetable.

Carissa carandas Linn.

Family: **Apocynaceae**
Arabic Name(s): La<MIO>a<MI>z, L`a Anthar
Urdu Name(s): Kakronda/Karaunda
English Name(s): Karanda

Parts Used

Leaves, root and fruits.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Antiscorbutic, astringent, cardiotonic, resolvent of inflammations, cooling, stomachic, irritant, purgative.

Specific Actions

Effective against piles and conjunctivitis in application, antiscorbutic.

Medicinal Uses

The fruits of Kakronda are antiscorbutic, refrigerant and digestive. Roots bitter and anthelmintic. Decoction of leaves is given at the commencement of fever to relieve. Root is grounded and applied on worm infested sores of animals. The ripe fruit is also a remedy for septicemia, the acrid juice of root is used to treat itch.

Dosage

Leaves extract approximately 12 grams. Leaf powder, paste, decoction, infusion and pills (Hab Kakronda).

Corrigent

Salt, sugar, Piper nigrum Linn. (Filfil Syiah).

Tenedium

Carissa spinarum Linn. (Karaunda or Gan) and Carissa inermis Vahl. Syn. C. macrophylla Wall.

Comments

The unripe fruit is sour and astringent and is used for pickles. The ripe fruit is sweet, edible and particularly suitable for tarts, puddings and jellies.

Catharanthus roseus G. Don.

Syn.: Vinca rosea L.
Lochnera rosea (L.) Reichb.
Family: **Apocynaceae**
Arabic Name(s): Baizul Ghurab
Urdu Name(s): Sada Bahar, Hamesh Bahar, Bhatar-Buti
English Name(s): Periwinkle

Parts Used

Leaves, flowers and root.

Quality/Temperament

Warm in second order, dry in first.

Functions and Properties (Pharmacological Actions)

Hypotensive, sedative, and tranquillizer, antidiabetic, deobstruent, repercussive, expectorant, resolvent of inflammations.

Specific Actions

In diabetes, in different forms of tumours in the preliminary stage, anti-leukaemic.

Medicinal Uses

Flowers and leaves of Periwinkle are used in diabetes. The roots are utilized in lumbago. The leaves and flowers both and their constituents are antimitotic resulting in tumour cell death during replication, also used to treat Hodgkin's disease. Employed to relieve lymphosarcoma, choriocarcinoma, neuroblastoma, and carcinoma of breast, lungs and other organs, also to treat leukaemia in children. Decoction of root is astringent, diaphoretic, emmenagogue, used as stomachic and in dysentery. Leaves are used for diabetes and as purgative in chronic constipation, dyspepsia and indigestion. Flowers for asthma, flatulence, chest complaints and sore throat. Paste of leaves is effective for relieving burning conditions of skin and with henna proves useful against itching.

Dosage

One fresh leaf/flower two times a day. Dried leaves upto 2 g.

Corrigent

Armenian bole (□Gil-e-Armani□).

Tenedium

Vinca major Linn., Gossypium spp., Gelsimium sempervirens Linn.

Comments

Sensation of burning (skin sensation) may be observed as adverse reactions. Vinca major Linn. is considered as less effective than V. minor Linn.

Cistanche tubulosa (Schenk) Hook. f.

Syn.:	Phelipaea tubulosa Schenk.
	Orobanche calatropidis Edgew.
Family:	**Orobanchaceae**
Arabic Name(s):	Zanum, Haluk, Tarthuth
Urdu Name(s):	Labbu, Danun, Haaluk
English Name(s):	Cistanchis

Parts Used

Whole plant.

Quality/Temperament

Cold in first order, dry in third, anti-stress.

Functions and Properties (Pharmacological Actions)

Astringent, styptic, antidiarrhoeal, tonic for stomach and liver, resolvent, reduces inflammations (like cirrhosis) of internal organs, hepatoprotective.

Specific Actions

Anti-diarrhoeal, staminal tonic, hepatoprotective.

Medicinal Uses

Cistanchis is reputed remedy for diarrhoea and sores, staminal tonic. Whole plant is used with success in chronic and bloody diarrhoea, and sores, reduce inflammations of internal organs. Whole plant also used as tonic and haematic and effectively against the verruca (wart and wart like formations). The plant is applied locally as paste on abscesses, boils and carbuncles. Mixture of lemon juice and powdered plant is given for sore throat.

Dosage

Approximately 7 g., Safuf Tarathith (compound preparation). A small quantity is powdered and mixed with oil, applied on pimples for cure.

Corrigent

In lung affections sugar and Cochlospermum religiosum (L.) Alston (Katira), in skin dryness Plantago ovata Forssk. (husk).

Tenedium

Punica granatum Linn. (dried fruit rind), galls of Quercus infectoria Oliv. (Maazu) in dose of 1/6 to 1/3 or Gum Acacia.

Comments

Identified under the general name of genus (Tarathith). A parasitic herb, found as parasite on the roots of Suaeda nudiflora Moq., Salvadora oleioides Dcne., Calotropis procera R. Br., Paspalidum spp., Calligonum polygonoides Linn.

Coleus forsskohlii (Willd.) Briq.

Syn.:	Plectranthus forsskohlii Willd.
	Coleus barbatus (Andr.) Benth.
Family:	**Labiatae/Lamiaceae**
Arabic Name(s):	Qutan, Baeda
Urdu Name(s):	Pathar-phori, Pathar-chatta
English Name(s):	Country Borage (C. aromaticus Benth.)

Parts Used

Leaves and their juice.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Anodyne, astringent, resolvent, lithontriptic tonic, carminative, cephalic, anticonvulsive, antiepileptic, nutritive, potent diuretic, lithontriptic.

Specific Actions

Antiasthmatic, anticolic, antitumour, useful against conjunctivitis.

Medicinal Uses

Country Borage is reputed remedy for asthma, colic, conjunctivitis, cough and dyspepsia. Leaves used as collyrium and in conjunctivitis. C. forsskohlii is a succulent herb with pleasant aromatic leaves have pungent taste, and are used for flavouring meat and salad. It is considered to be a good substitute for borage, and for flavouring liquors. Leaves are useful for urinary diseases. Juice of leaves mixed with sugar is a useful aromatic carminative employed in dyspepsia (although it is said to possess some intoxicating properties).

Dosage

5 to 12 g.

Corrigent

Raphanus sativus Linn. (extract diluted in water), seeds of Brassica campestris Linn. (Shalgham), sugar candy.

Tenedium

Dolichos biflorus non Linn. (infusion) as lithontriptic.

Comments

Coleus amboinicus Lour. Syn. Coleus aromaticus Benth. is the species usually referred as medicinal. C. forskohlii Briq. Syn. C. barbatus Benth. has been referred as cultivated species, roots of which are pickled and eaten. This species is considered to be the wild ancestor of all the tuber varieties known as Kaffir Potatoes (The Wealth of India Raw Materials (1950), Vol. 2, p. 308).

Digitalis purpurea Linn.
Digitalis lanata Ehrch.

Family: **Scrophulariaceae**
Arabic Name(s): Zehar-al-Kashatabeen, Asb`a al-`Azar
Urdu Name(s): Diljit, Dijtalis
English Name(s): Common Foxglove

Parts Used

Leaves (dried).

Quality/Temperament

Warm and dry in (first standard of) second order.

Functions and Properties (Pharmacological Actions)

Cardiac tonic, sedative, diuretic, it increases the force of systolic contractions and lowers venous pressure in hypertensive heart disease. Leaf infusion cardiotonic, diuretic, sedative, vascular stimulant.

Specific Actions

Cardio-tonic, antihypertensive, diuretic, vascular stimulant.

Medicinal Uses

The major application of Digitalis is in heart ailments, wherein it promotes and stimulates the activity of heart muscle tissues. Digitalis forces more blood into the coronary arteries and improves circulation. If blood circulation gets impaired and dropsy sets in, it helps in restoration and regulation of the function of the heart. It also improves blood supply to the kidneys, promotes urination and reduces oedema. In ethnopharmacology, it has been also referred to relieve epilepsy. Seeds are also described as cordial and diuretic. Ointment made from leaves is a remedy for indurations, also applied to remedy hard breasts and indolent tumours. Leaf infusion is regarded as useful against scrofula and sore throat.

Dosage

Powdered leaves 1.5 g. approximately (or 15 ml. official tincture).

Corrigent

Rosa damascena Mill. (Gulab).

Tenedium

Rauwolfia serpentina Benth. ex Kurz. (Asrol), approximately 500 mg root, and other Digitalis spp.

Comments

Digitalis may cause headache and giddiness as adverse reaction. Ofen planted as ornamental. The plant is used for gastritis, hydropsy and icterus. Use of Digitalis may cause yellow vision, visual and psychic disturbances. Symptoms of Digitalis poisoning may include nausea, diarrhoea, stoma-chache, severe headache, irregular heart beat and pulse, tremors, convulsions and death.

Hibiscus sabdariffa Linn.

Family:	**Malvaceae**
Arabic Name(s):	Karkadeh, Hammaz-al-Ahmer
Urdu Name(s):	Karkader, Karkadiyeh, Lal-ambari, Sabdarifah
English Name(s):	Red Sorrel, Roselle, Jamaica Sorrel, Indian Sorrel

Parts Used

Leaves, flowers and fruit.

Quality/Temperament

Cold and moist in first order.

Functions and Properties (Pharmacological Actions)

Diuretic, expectorant, antihypertensive, refrigerant, resolvent, antibilious, emollient, antiscorbutic, cholagogue.

Specific Actions

Antihypertensive, hypocholesterolemic, and vasodilator, antiscorbutic, resolvent of obstructions from major organs.

Medicinal Uses

The emollient leaves of Hibiscus sabdariffa Linn. are prescribed as expectorant especially to cure cough. The flowers are mostly utilized as antihypertensive, hypocholesterolemic and expectorant beside being used to expel stone from kidney and urinary bladder. While fruit and seeds are used to ward off gastric ulcers and biliary diseases and exert laxative effect.

Dosage

1-2 g., mostly used as simple, but parts of plant are mixed together to form compound preparations.

Corrigent

Honey or Citrus fruits.

Tenedium

The different parts of the plant are Tenedium for each other, as well as Hibiscus rosa-sinensis Linn. (China Rose, Gurhal).

Comments

The red flowers (Calyces) are also used fresh as natural food colorant in jelly, beverages, sauces and desserts.

Inula grantioides Boiss.

Family:	**Compositae/Asteraceae**
Arabic Name(s):	Rasan Sindhi, R`ar`a
Urdu Name(s):	Khushkun, Pushkar, Poshkar, Naro
English Name(s):	Elecampane, Elecampane Sindhi

Parts Used

Above ground parts (fresh).

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Anti-inflammatory, antipyretic, antispasmodic in bronchial spasm, laxative, antifungal.

Specific Actions

Bronchodilator, antispasmodic, assist healing lacerations and festering wounds.

Medicinal Uses

Elecampane is used to relieve various types of fevers and skin lesions, and for the treatment of asthma (The Wealth of India Raw Materials, Vol. V, 1959). The drug also exhibit potent anti-inflammatory, antipyretic and antispasmodic effects in respiratory disorders.

Dosage

Internally 0.5 g., applied simple as ointment (Zimad) in suitable base.

Corrigent

Honey, Zea mays Linn., lemon juice.

Tenedium

Inula racemosa Hook f.

Comments

A dwarf shrub with succulent strongly scented leaves resembling Orris and Camphor. Roots often used as adulterant of Saussurea lappa C.B. Clarke (Costus). Inula royleana DC. considered to be poisonous and has been used as a disinfectant and parasiticide particularly against lice, fleas and ticks.

Juniperus axcelsa M. Bieb.

Syn.:	J. polycarpos C. Koch J. macropoda Boiss.
Family:	**Coniferae**
Arabic Name(s):	'Ar-'ar, Sarw Jabli
Urdu Name(s):	Bantha, Bettar, Dhup guggal, Apursk
English Name(s):	Juniper

Parts Used

Fruits, oil.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Aromatic, diuretic, carminative and stimulant, emmenagogue, wood is sudorific, oil is stimulant, diuretic and carminative in small doses.

Specific Actions

Diuretic, disinfectant, antipyretic, anticonvulsant, relieve chest complaints.

Medicinal Uses

The ripe fruit is taken orally to relieve headache (locally the fruits are referred to as natural aspirin) and fever, and chest diseases. The oil distilled from fresh fruits exhibit central nervous depressant activity thus its administration follow fall in blood pressure without affecting the respiration, and exhibit anticonvulsant activity. Juice of the berries possess

disinfectant properties. Ashes of the bark are applied in certain skin affections. The berries are regarded as effective against infantile tuberculosis because of the properties that it improves appetite and increase weight. These are also useful stimulant against amenorrhoea and to relieve dysmenorrhoea.

Dosage

One to three ripe fruits (infusion is the best as a vehicle for other diuretics).

Corrigent

Honey.

Tenedium

Ruta graveolens Linn. (for relieving amenorrhoea and dysmenorrhoea) in equal dose.

Comments

In the Middle Ages, the berries were credited to possess antiseptic properties. Externally the oil is a skin irritant. Wood is resinous and in remote areas used as an incense.

Leucas capitata Spreng.

Syn.: L. cephalotus (Roth.) Spreng.
Family: **Labiatae/Lamiaceae**
Arabic Name(s): Leucasi, Sisaliyus
Urdu Name(s): Guma Buti, Goman, mal-doda, tumma, Gomi
English Name(s): Leucas

Parts Used

Leaf, flowers, seeds and whole plant.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Stimulant, antipyretic, antidiarrhoeal, antiseptic, anti-inflammatory, expectorant, laxative, antibacterial, antispas-modic.

Specific Actions

Anti-inflammatory, antipyretic, astringent, antidiarrhoeal, nasal drops administered to cure migraine.

Medicinal Uses

Leucas is registered useful in the treatment of cough, cold and gastric complaints. Plant paste is used to subside swellings, leaf and flower is given as expectorant and anthelmintic. Flower juice is prescribed as nasal drops (two or three) to pour into nostrils to get relief from migraine.

Compound Preparations

Whole plant is used as diaphoretic and stimulant. Leaves for dysentery and diarrhoea. Flowers for cough and fever, a twig with flowers and seeds is pounded in mustard oil and 2-3 drops put in ear to stop pus formation.

Dosage

Approximately 1-2 g.

Corrigent

Piper nigrum Linn., Honey and Zingiber officinale Rosc.

Tenedium

Eclipta alba (L.) Hassk., Eclipta prostrata Roxb. (Bhangra species) in same dose regimen, also Leucas cephalotus Spreng. and Achyranthes aspera Linn.

Comments

Leucas capitata Desf. Syn. L. cephalotus Spreng. as common weeds. Excessive intake or large dose of its preparations is considered harmful for individuals with warm temperament.

Leucas and Achyranthes species are generally identified under the name Sisaliyus (Arabic).

Magnolia grandiflora Linn.
Magnolia officinalis Rehd. & Wilson

Family:	**Magnoliaceae**
Arabic Name(s):	Maghnolia, Shajrat al-`Atriyah
Urdu Name(s):	Hara-Champa, Him Champa
English Name(s):	Bull Bay, Magnolia, Laurel Magnolia

Parts Used

Bark.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Aromatic stimulant, diuretic, expectorant, analgesic, sedative, anodyne, carminative, antispasmodic, central nervous system depressant, anticonvulsant, muscle relaxant, bark powder is antiperiodic.

Specific Actions

Antibacterial, antispasmodic, effectively treat gastrointestinal disorders.

Medicinal Uses

Magnolia spp. (bark) has shown activity against contact dermatitis. Magnolia bark has potent antibacterial action against a primary carcinogenic bacterium Streptococcus mutans which cause dental caries in human subjects. The bark is effective in the treatment of gastrointestinal diseases,

malaria and rheumatism. Extract of the plant (bark) cause a rapid fall in blood pressure when administered intravenously to experimental animals (The Wealth of India Raw Materials, Vol. VI, 1962, 224).

Dosage

Powder of the bark 500 mg. - 1.0 g. approximately.

Corrigent

Fresh milk, Barley water.

Tenedium

Magnolia denudata Desr. (Yulan Magnolia) bark.

Comments

Cultivated in Abbottabad, a native of North and South America medicinally used in Chinese medicine. The bark contains magnocurarine, magnospermine and salicifoline which possess muscle relaxant and blood pressure lowering qualities. M. grandiflora Linn. is the source of considerable lumber in America known as Magnolia in trade. Magnol and honokiol are major components of Magnolia cortex which are the most important constituents for the prescription for therapy of anxiety, neurological disturbances, and gastrointestinal disorders.

Mirabilis jalapa Linn.

Family: **Nyctaginaceae**
Arabic Name(s): Shabul Lail, Athmaan
Urdu Name(s): Gul-e-Abbas, Gul-`Abbasi
English Name(s): Four O'clock, Marvel of Peru

Parts Used

Leaves, seeds and root.

Quality/Temperament

Warm and dry in third order.

Functions and Properties (Pharmacological Actions)

Root has aphrodisiac tonic and blood purifying attributes. Seeds are desiccant, astringent and styptic. Leaves are resolvent and suppurative-concoctive.

Specific Actions

Styptic, anti-haemorrhoidal, relieve urticaria.

Medicinal Uses

Gul-e-`Abbas is utilized to cure a variety of ailments. Root is purgative, aphrodisiac. It proves much effective as concoctive and breaks the hard swellings after suppuration is caused so that the putrefied matter is released from the affected site. Decoction of the root is useful for relieving joint pains in rheumatism as well as in syphilis. Seeds as astringent and styptic administered to stop internal

haemorrhages particularly excessive bleeding in menorrhagia. Flowers dried and powdered given to relieve piles. The leaves are used as poultice to promote suppuration in cases of abscess and boils. Fresh leaves juice is demulcent and applied on body gives relief in urticaria (Asima Chatterjee, Satyesh Chandra Pakrashi., The Treatise on Indian Medicinal Plants. Publ. & Inf. Directorate, New Delhi, Vol. 1, 1991, p. 77). Root rubbed with water applied externally to relieve contusions.

Dosage

Root and leaves 7-12 g. Mostly single herb preparations are used.

Corrigent

Milk and sugar.

Tenedium

There are three varieties of this ornamental, red, white and black (or hybrids thereof). One can substitute other variety in medicinal benefits.

Comments

Harmful to individuals having warm temperament. The flowers and leaves are effective vehicles in making lead oxide and copper sulphate calcined (following grinding and incineration).

Nyctanthes arbor-tristris Linn.

Family: **Verbenaceae**
Arabic Name(s): Yasmeen
Urdu Name(s): Har Singhar
English Name(s): Night Jasmine

Parts Used

Leaf, flowers and seeds.

Quality/Temperament

Flowers warm and dry in second order, leaf and seeds cold and dry in first order.

Functions and Properties (Pharmacological Actions)

Astringent, antiscrofulous, pectoral, antipyretic, antihelmintic, anti-inflammatory, antibilious, expectorant, diuretic.

Specific Actions

Antimalarial, anti-inflammatory, antirheumatic, antipyretic, nervine sedative and tonic.

Medicinal Uses

Night Jasmine is useful against intermittent and remittent fevers, worm infestation, piles and to cure respiratory diseases, leaf paste applied on ringworm affections with benefit. Flowers refreshing tonic, anthelmintic, aphrodisiac,

expressed oil from flowers is useful in respiratory tract diseases, sore throat cure, and ailments due to phlegm and bile, while poultice is usefully applied for relief in fractured bones. Seed paste is employed for scurfy affections of the scalp, and seed kernel along with black pepper (Piper nigrum Linn.) is used to cure inflamed piles. Decoction of leaves is given with advantage in sciatica.

Compound Preparations

Single drug as simple.

Dosage

Approximately 1-2 g. (all parts). Decoction half tea spoonful. Mostly single herb preparation are used.

Corrigent

Honey and Piper nigrum Linn.

Tenedium

Terminalia arjuna W.A. bark (for fractured bones).

Comments578565

Bark of the tree may be used as astringent. The bright orange corolla tubes of the flowers contain a colouring matter, nyctanthin which is identical with <F128M>a<F255D>-crocetin from Saffron.

Oldenlandia retrorsa Boiss.
Oldenlandia corymbosa Linn.

Family:	**Rubiaceae**
Arabic Name(s):	Miswak Alni
Urdu Name(s):	Khet Papra, Parpata, Pitpapra
English Name(s):	Oldenlandia

Parts Used

Above ground parts/whole plant.

Quality/Temperament

Cold in first order, dry in second.

Functions and Properties (Pharmacological Actions)

Antipyretic, expectorant, antibilious, causes uterine contraction, febrifuge, anti-inflammatory.

Specific Actions

Causes uterine contractions, anti-inflammatory and to treat jaundice.

Medicinal Uses

Oldenlandia decoction is administered to cure asthma, bronchitis, hay fever and jaundice. Decoction is also utilized in dysentery, and sore throat. The entire plant is used for its cooling, pectoral and stomachic properties. Administered usually in the form of decoction in remittent fever with gastric irritability, nervous depression caused by deranged bile, and

liver inflammations and as a cure for heat eruptions. Juice of the plant is applied to palms and soles to relieve burning sensation in fevers. Plant is boiled in water and the brew is used for mouth wash in toothache. The plant has been also used as an anthelmintic. Uterine contraction attribute is considered to be due to two distinct oxytoxic principles (serotonin and a uteroactive polypeptide).

Dosage

Approximately 5-7 g. Used as simple (mufrad) mostly in decoctions.

Corrigent

Cichorium intybus Linn. (or its water extract).

Tenedium

Shahtara (Fumaria parviflora Lam., Fumaria indica (Haussk) Pugslay) and Swertia chirata Buch. & Ham.

Comments

Oldenlandia (Pitpapra) must not be confounded with Fumitory (Fumaria spp.). Generally the whole Oldenlandia plants are uprooted (when it is frequent in rainy season) and supplied in small quantities fresh or dry, by the local dealers.

Panax ginseng C. A. Mey
Panax notoginseng (Burkill) Hoo & Tseng (Sanchi Ginseng)
Panax quinquefolius Linn. (Ginseng)

Family:	**Araliaceae**
Arabic Name(s):	Panaxi, Junsha, Al-Jazr al-Admi, Junsha-Kaazibah
Urdu Name(s):	Jenseng, Tapmari
English Name(s):	Ginseng

Parts Used

Roots (and leaves in tea).

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Alterative, antiseptic, carminative, demulcent, stimulant, aphrodisiac, febrifuge, general tonic, reduces blood sugar concentration and acts favourably on metabolism, the central nervous system and on endocrine secretions.

Specific Actions

Adaptogen, central nervous system stimulant, general tonic.

Medicinal Uses

Ginseng spp. are utilized as brain tonic, useful against cough and asthma, general debility, dyspepsia, nausea and headache, polyuria, to overcome fatigue, forgetfulness, to

improve natural resistance in the body during treatment of diabetes, insomnia, gastritis, and neurasthenia. Syrup prepared from the leaves is regarded as useful expectorant in cough. There are antifebrile properties attributed to Ginseng and the species used for this purpose are named tapmari after its quality. Affections for the cure of which it is valuable and as such usually treated include dyspepsia, vomiting and nervous affections, as supplement with other drugs used for chronic disorders, general and sexual debility. Also used as masticatory and in infusions.

Dosage

As decoction, liquid extract or as powder: dose 1-2 g.

Corrigent

Sikanjbin and Lactuca sativa Linn. (seeds).

Tenedium

The other two species Panax notoginseng (Burkill) Hoo & Tseng. and P. quinquefolius Linn. are used in place of Panax ginseng C.A. Mey., also Phoenix sylvestris Roxb.

Comments

Infusion of the leaves is used to make palatable tea. Ginseng is considered as one of those genuine items of herb marketing which have tremendous potential. Like Aloe and Jojoba it is one of the prime herbs included all over the world in natural cosmetics. Species of Ginseng other than the above mentioned have been reported to be sedative, anodyne, emetic, pectoral, and purgative, used for asthma, ear problems, fever, and internal inflammations. Regarded as a panacea in traditional systems of medicine.

Pluchea indica Less.

Syn: Pluchea foliosa DC.,
Conyza corymbosa Roxb.

Pluchea arguta Boiss.

Pluchea lanceolata Clarke

Family: **Compositae/Asteraceae**
Arabic Name(s): Matbaa Hindi, Barnof
Urdu Name(s): Rasna, Rasan, Zanjbeel-Shaami, Phaara-buti, Majusar
English Name(s): Pluchea

Parts Used

Roots, aerial parts.

Quality/Temperament

Warm and dry in first order.

Functions and Properties (Pharmacological Actions)

Astringent, anti-inflammatory, antispasmodic, emmenagogue, carminative, stomachic, antidyspeptic, antiflatulent, anthelmintic (for children), lithontriptic-diuretic.

Specific Actions

Antirheumatic, laxative, antispasmodic, anthelminthic.

Medicinal Uses

The decoction or powdered root and aerial parts of Pluchea spp. are effective against arthritis, as laxative, analgesic and antipyretic, while decoction of aerial parts is useful in urinary tract diseases, dissolves kidney stones and stimulate urination, antispasmodic for respiratory disorders, infusion is used to treat leucorrhoea.

Dosage

Decoction, 25-30 g. of dried aerial parts, 5-6 g. of roots.

Corrigent

Cochlospermum religiosum Linn. and oils (for example Almond oil).

Tenedium

Alpinia galanga Willd. (Khulanjan) and Pluchea lanceolata Clarke [Syn. Barthelotia lanceolata DC., Conyza lanceolata Wall.] in same dose regimen.

Comments

It has been used as a substitute for Sarsaparilla radix (`Ushba) (Khazain al-Adviya Vol. 2, 1917, p. 593-94) and (leaves) as substitute for Senna. Pluchea lanceolata Clarke (Sarmei, Reshmi) is a weed of cultivation. Its leaves are aperient and often used to adulterate Senna.

Plumeria obtusa Linn.

[Plumeria rubra acutifolia = Frangipani Tree]
Family: Apocynaceae
Arabic Name(s): Yasmeen Hindi
Urdu Name(s): Champa, Aachin
English Name(s): Temple Tree, Pagoda Tree

Parts Used

Root, stem, bark, leaves, flower buds and flowers.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Local anaesthetic, antibacterial, antifungal, antipyretic, diuretic, febrifuge, cardiac tonic, hypoglycaemic and pectoral, root purgative and vermifuge.

Specific Actions

Febrifuge, pectoral, hypoglycaemic.

Medicinal Uses

Root bark of Plumeria obtusa Linn. is strong purgative, and useful for venereal sores and as vermifuge. Leaves are considered useful in gum troubles and as stomachic. Flowers as contraceptive, hypoglycaemic and pectoral. Flower distillate is considered tonic for heart, powdered bark is useful antiperiodic. The flower buds are kept for sometime in water and the water is dropped into eyes for strengthening the eyesight. The buds are also eaten like betel leaves (as masticatory) as febrifuge. The bark is effective against intermittent fevers, is administered like Cinchona. The bark is also a favourite remedy against gonorrhoea and gleet when made into paste with curd and applied on the affected parts. Latex is applied on ulcers, and scabies, it is also used for relieving toothache and pain in teeth having cavities.

Dosage

Bark 500 mg. - 1.5 g., flower buds are eaten raw.

Corrigent

Pimpinella anisum Linn. (Anisun), Cochlospermum religiosum (L.) Alston. (Katira), Viola odorata Linn. (Banafsha).

Tenedium

Plumeria alba Linn., Plumeria acutifolia Linn.

Comments

Plumeria alba Linn. and P. acutifolia are the Safaid Champa, and P. rubra Linn. is Lal-Champa. According to the authors of Pharmacographia Indica (Vol. 1, 1890, p. 42). Michelia champaca Linn. var. rheed (N.O. Magnoliaceae) has been referred as Champa (under this vernacular name) with some medicinal properties attributed to it, but in the Wealth of India Raw Materials (Vol. VI, 1962, p. 370) it has been referred under trade name Champak and is of approximately 25-30 feet height whereas Plumeria spp. are from 3 to 7 meters height only.

Pongamia pinnata Linn.

Syn.: Pongamia glabra Vent.
Family: **Papilionaceae**
Arabic Name(s): Shanaf-al-Daik
Urdu Name(s): Karanj, Sukh-Chain
English Name(s): Indian Beech/Garland of Night

Parts Used

Seeds, bark and leaves.

Quality/Temperament

Warm in third order, dry in first.

Functions and Properties (Pharmacological Actions)

Desiccant, acrid, hypotensive, cause uterine contractions, analgesic, antispasmodic, antiseptic.

Specific Actions

Useful against dermatological disorders e.g., psoriasis, psychosomatic skin disorders, eczema.

Medicinal Uses

Seeds and leaves of Pongamia pinnata Linn. are frequently used as remedy for skin diseases and rheumatism and to destroy worms in sores. The seeds crushed to paste are used on leprous sores, rheumatic joints and dermal eruptions. A hot infusion of Pongamia leaves is used as medicated bath to relieve rheumatic pains and clean foul sores and ulcers. Seed oil with gingeli oil is used as remedy in scabies, herpes, leucoderma and other skin diseases especially in psoriasis. The bark is warm, bitter, acrid, anthelmintic, alexipharmic, useful in vaginal and skin troubles, and good for tumors, piles, wounds, ulcers and itching. Pulp of the fresh bark is given in bleeding piles.

Dosage

250 mg. - 1 g. approximately. Used as simple drug remedy as liniment (Zimad).

Corrigent

Piper nigrum Linn. (black pepper), root of black pepper (daar-e-filfil).

Tenedium

Podophyllum peltatum Linn. (in psoriasis, as external application), generally the leaves may act as alternative for seeds.

Comments

Patient loses weight during treatment, and may develop high blood pressure.

Prosopis juliflora (SW.) DC.

Family: **Mimosaceae**
Arabic Name(s): Ghaaf, Miskeet
Urdu Name(s): Kandi, Vilayati Kikar, Jhand, Kandi, Jand
English Name(s): Velvet Mesquite

Parts Used

Pods and leaves, bark.

Quality/Temperament

Cold and dry in first order.

Functions and Properties (Pharmacological Actions)

Cathartic, discutient, emetic, astringent, desiccant, cooling.

Specific Actions

Externally applied as antifungal and antiviral agent.

Medicinal Uses

The leaves of Velvet Mesquite are externally employed to treat open sores on the skin, as well as antibacterial, antifungal and antiviral. The bark and seeds used to treat bronchitis, laryngitis, and pharyngitis, while leaves have been used as folk remedy to treat eyes inflammation, catarrh, abscessed teeth, cold, flu, headache, stomachache and diarrhoea. Leaves and pods in the days of famines are made into flour to consume as food.

Dosage

5-7 g. approximately.

Corrigent

Oils.

Tenedium

Prosopis glandulosa Torr., Prosopis cineraria (L.) Druce.

Comments

The ingestion of Prosopis juliflora (SW.) DC. over a long period results in death. If used uncontrolled may cause emesis. Gum of Velvet Mesquite is described as irritant.

Rhazya stricta Decne.

Family: **Apocynaceae**
Arabic Name(s): Raziyun
Urdu Name(s): Sanwar, Vena, Vina, Sehar, Sewar, Gunders
English Name(s): Rhazya

Parts Used

Above ground parts.

Quality/Temperament

Cold and dry in second order.

Functions and Properties (Pharmacological Actions)

Febrifuge, bitter tonic, anticancer, antirheumatic, anti-emetic.

Specific Actions

Antirheumatic, antitumour, useful in sore throat treatment.

Medicinal Uses

Rhazya is used as bitter tonic for sore throat, and as an effective drug in fever, general debility and chronic rheumatism. It has been utilized to arrest tumour growth in primary stages. The leaves, flower and fruit are also used in joint affections and the dried fruit to coagulate milk. The bitter leaves are made into cooling bitter infusion having tonic attributes in high temperature arid zones. Leaf juice mixed with milk is administered to children for eruptions, leaves mixed with fruits are also applied to eruptions and

boils. It is also utilized to cure toothache, in the prevention of vomiting, as well as to produce cool sensation in mouth and throat.

Dosage

Dried leaves approximately 6 g.; juice approximately 12 ml.

Corrigent

Armenian Bole (Gil-e-Armani).

Tenedium

Catharanthus roseus G. Don. (leaves).

Comments

Anticancer activity of some of its alkaloids has been reported in the literature. (Atta-ur-Rahman, M.M. Qureshi, K. Zaman, S. Malik, S.S. Ali, Fitoterapia, LX (4), 291-322 (1989). Atta-ur-Rahman, Philip W. Le Quesne (Eds.) New Trends in Natural Product Chemistry. Proceed. of the 2nd Int. Symp. Pakistan-US Binational Workshop and UNESCO SCAMP Workshop on Nat. Prod. Chem. 18-25 January, 1986, Karachi, p. 398).

Salvadora oleioides Decne.

Syn.: Salvadora stocksii Wight.
Family: **Salvadoraceae**
Arabic Name(s): Arak
Urdu Name(s): Chhota Pilu, Jhal, KHabar
English Name(s): Tooth Brush Tree

Parts Used

Root, branches, fruit, leaves, bark.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Deobstruent, carminative, diuretic, detersive, resolvent of inflammations, stimulant, emmenagogue, antiphlegmatic (liquefies phlegm), fruit emetic.

Specific Actions

Antidiarrhoeal, antiseptic, useful against enlarged spleen.

Medicinal Uses

The short pieces of young branches of Salvadora oleoides Decne. being used to clean the teeth. If taken in 15 numbers orally with two glasses of water, the fruit induce vomiting particularly in cases of food poisoning, also used in enlarged spleen. The leaves are used in diarrhoea and cough and as purgative. The wood is burnt into ash, mixed with mustard oil and applied to treat rash and sarcoptic mange. Young branches are used as tooth brush prove effective against dental caries. Ripe fruits are eaten as food which also clear

the chest of deposited phlegm and bring required perspiration, as well as get rid of flatulence. Decoction of bark is effective stimulant tonic for bringing menses in dysmenorrhoea. With borax it is given internally to reduce the toxicity produced in body due to insects or reptiles bite.

Dosage

Requisite parts upto 10 g. (in decoction). Decoction is also made from upto 10 g. of bark. May be used as an ingredient of tooth paste.

Corrigent

Pimpinella anisum Linn. or Santalum album Linn.

Tenedium

Salvadora persica Linn. (Bara Peelu.

Comments

Salvadora oleoides Decne. is one of our common shrub (or tree) in desert regions. S. persica L. (Bara Peelu) with broader leaves
is not so common.

Taxus wallichiana Zucc.

Syn.: Taxus baccata ssp. wallichiana (Zucc.) Pilger
Family: **Taxaceae**
Arabic Name(s): Zarnab, Hadas,Tanob, Shajar al Fashagh
Urdu Name(s): Talispatar, Sarw-Turkistani
English Name(s): Silver Fir

Parts Used

Bark and leaves.

Quality/Temperament

Warm and dry in second order (in the last standard).

Functions and Properties (Pharmacological Actions)

Carminative, expectorant, astringent, stomachic, tonic for the stomach, liver and vital organs, appetite stimulant.

Specific Actions

Antirheumatic as an external application, astringent, antirheumatic, abortifacient.

Medicinal Uses

Silver Fir is externally applied as an antidote to spider bites, antirheumatic; and decoction of one needle as antimalarial and cardiotonic. The infusion of leaves exert abortifacient activity and is the cause of poisoning. A small quantity of leaves of Taxus wallichiana Zucc. are given with the decoction of Adhatoda vasica Nees. (Vasaka) along with honey in cough, asthma and hemoptysis. Another preparation of Taxus wallichiana Zucc. along with black pepper, ginger, cardamom and cinnamom prepared in honey

is prescribed in phthisis, asthma, bronchitis and vesical catarrh.

Dosage

Not exceeding 3 g.

Corrigent

Dried coriander (Coriandrum sativum Linn.), and Santalum album Linn. (Sandal).

Tenedium

Taxus baccata Linn. (Zarnab, Rajl al-Jarad/Golden Yew, English Yew), Cinnamon (1-3 g.).

Comments

The leaves of Yew (four or five handful of leaves corresponding to 150 needles are generally considered lethal to human being. Red arils are sweetish, edible and used for making jams and pickled as well. Taxol, a diterpene pseudoalkaloid exhibit significant anticancer activity (breast cancer, lung cancer, melanoma and ovarian cancer).

Teucrium stoksianum Boiss.

Family: **Labiatae/Lamiaceae**
Arabic Name(s): Kamazariyuni, Jaddah, Teukrion
Urdu Name(s): Kalpura, Hussain Booti
English Name(s): Germander

Parts Used

Stem and leaves/aerial parts.

Quality/Temperament

Warm and dry in second order.

Functions and Properties (Pharmacological Actions)

Stimulant, antiseptic, sudorific, generally given for treating phthisis and cough. Flower tops and leaves are astringent, diaphoretic and vermifuge.

Specific Actions

Antiflatulent, protective against seasonal colds and skin complaints, cardiotonic.

Medicinal Uses

Germander is used to relieve excessive stomach gas and itching associated with malarial fever and typhoid. Recommended for the treatment of influenza and cold and to treat diabetes, flatulent dyspepsia and to functionally strengthen the heart. Also useful to treat jaundice and as general tonic. Aerial parts turned into burnt ash and made as paste with mustard oil is useful application against skin irritation.

Dosage

Approximately 100-125 g., Infusion of the aerial parts (fresh or dried coarsely ground).

Corrigent

Gum Acacia and either Boswellia serrata Roxb. or Boswellia glabra Roxb. (Kundur - gum).

Tenedium

Teucrium scordium Linn. (Water Germander, whole plant).

Comments

Extract of Teucrium scordium Linn. is given in lupus and actinomycosis. The herb yields a yellowish-green dye. T. chamaedrys Linn. is known as the Wall-Germander is regarded to be useful against spleen disorders and rheumatism and as sudorific and diuretic.

Ambergris

Nature/Identification: Physter macrocephalus L. **Physteridae**
Chemical/Common Name: **Ambergris/Amber/**Shamama
Arabic Name(s): Anber Ashhab
Urdu Name(s): ' Ambar, Mushk-'Ambar, Shamama
English Name(s): Ambergris

Description

It is a morbid excretion contained in the intestines or caecum of the sperm whale. It is found in the form of a concrete mass, floating over the Red Sea or on the shores of Africa. A single whale's excretion is found to weigh about 750 lbs. It is opaque, darkish brown, grey or pinkish and its odour is fragrant. It contains ambrein (approximately 85%), a little of balsamic extractive and ash. The best is 'Ambar-Ashhab (whose whiteness is apparent over the blackness). Melts in hot water, ether, alcohol and volatile oils.

Quality/Temperament

Warm in second order, dry in the first.

Pharmacological Actions

Aromatic, exhilarant, stimulant, antiseptic, antispasmodic, cardiac and nervine tonic, stimulant aphrodisiac.

Medicinal Uses

Ambergris odour is peculiarly fragrant resembling that of musk, and is nearly tasteless much used in traditional preparations administered for the treatment of nervous and cardiac affections of cold origin. Therefore, it is regarded as useful in paralysis, hemiplegia, chorea, tetanus, numbness, epilepsy, in high fevers with insensibility or delirium, in collapsed stages of cholera, plague and other infectious diseases. For general nervous and specific sexual debility, impotence, loss of libido etc., it is included in exhilarants as stimulant, in stomach debility as well as in cardialgia. It has been used in preparation of compound drugs administered for relieving pain of the throat as well as frequently in perfumery, tremours, tachycardia and palpitation.

Compound Preparations

Mufarreh Barid Jawaharwali, Khamira Gaozaban 'Ambari, Khamira Abresham Hakim Arshad Wala, Dawaul Misk Mo'tadil Jawahardar, Hab Jawahar, Hab-e-Khas, 'Arq Ambar.

Dosage

125-375 mg. (approximately).

Corrigent

Gum-Arabic, Bambusa arundinacea Retz. (Tabashir), Coriandrum sativum Linn. (Kishiz).

Tenedium

Musk and Saffron (Crocus sativus Linn.) in equal quantity.

Comments

Purity of Ambergris is checked by keeping it on a piece of glass and giving it heat over coal fire. Pure natural product gives aroma melts instantly and liquefies, running like oil is regarded as the best kind for medicinal use. Extensive systemic use is harmful for intestines and the liver.

Cantharides

Nature/Identification:	Canthris vesicatoria L. Mylabris chicorii L. M. phaberata Pallas **Meloidae, Cleoptera, Insecta**
Chemical/Common Name:	**Cantharides, Mylabris beetle**
Arabic Name(s):	Zaravih
Urdu Name(s):	Telni-Makkhi, Zarawih, Telni-Pokh
English Name(s):	Chinese Blistering Fly, Telini Fly, Spanish Fly

Description

Blister Beetle/Spanish Fly: their dried bodies obtained after they are killed by ammonia, steam of boiling vinegar, sulphur dioxide or heat, thoroughly dried in the sun and preserved in bottles.

Quality/Temperament

Warm and dry in third order.

Pharmacological Actions

Externally: Counter-irritant and vesicant. Internally: Powerful stimulant, diuretic, emmenagogue and aphrodisiac.

Medicinal Uses

Finely powdered the dried preserved flies of either Canthris or Mylabris spp. are added into composition of liniments and embrocations used as vesicant for male reproductive organ usually made in Balsamodendron oil or gingeli oil. It causes elevated stimulation in blood circulation and thus act as

aphrodisiac stimulant. Also used in hair oils to promote hair growth. Applied on leucodermal patches, vitiligo, alopecia, sciatica, rheumatism and pleurisy with success in suitable vehicles. Internally in least doses (in compound formulations) administered in hydrophobia, lupus cystitis, incontinence of urine and spermatorrhoea, scrofula, boils, necrotic tissue and bladder stone.

Compound Preparations

Siyyal Munfiz, Liquor Epispasticus, Liquor Litty, Tincture Cantharidin, Cantharides Hair Lotion.

Dosage

30-60 mg. approximately.

Corrigent

Clarified butter (Ghee) and animal fats.

Tenedium

Copper sulphate and subacetate of copper (Tutiya and Zangar) for external use.

Comments

Corrosive; large doses are fatal. Cantharides contain active ingredient "Cantharidin" - a colourless crystalline lactone (derived originally from Cantharis vesicatoria). Owing to their irritating property, internal administration is uncommon. May cause burning pain in throat and stomach, nausea, vomiting, colic, bloody diarrhoea and tenesmus, renal pain, haematuria, chill, syncope and collapse. Toxic effects have been produced by 125-500 mg (internally).

Coral

Nature/Identification:	Corallium rubrum L. Astrea pallida L. **Gorgonacea, Coelentrata**
Chemical/Common Name:	Coral, Shakh-e-Marjan
Arabic Name(s):	Marjan
Urdu Name(s):	Monga, Bussad, Marjan
English Name(s):	Coral

Description

The calcareous shell or skeleton occurs as slender, cylindrical and generally branched pieces of brick red colour made up of numerous minute particles, easily break with crackling sound. It contains organic matter about 8 percent,

carbonate of lime 83 percent, magnesium carbonate about 3 percent, and oxide of iron approximately 4.5 percent.

Quality/Temperament

Cold and dry in second order.

Pharmacological Actions

Antacid, astringent, haemostatic, desiccative, nervine tonic, laxative, diuretic, emetic, antiphlegmatic, antibilious, aphrodisiac restorative.

Medicinal Uses

Corals' major uses are in chest complaints including cough, phthisis, asthma, low fever, chronic bronchitis and pulmonary tuberculosis. In urinary diseases like spermatorrhoea, gleet and gonorrhoea as well as in carbuncles, scrofulous affections and as nervine tonic administered in headache, giddiness and vertigo. As an antacid given to check vomiting, to cure dyspepsia and bilious headache. Calcined with gold, pearls, tin, iron, camphor and talc with sugar, honey and clarified butter and given with success in urinary complaints, impotency, gleet, diabetes, consumption and general debility. It is regarded as a valuable alterative tonic.

Compound Preparations

Dawaul Misk Mo'tadil Jawahardar, Jawahar Mohra, Hab-Jawahar, Kuhl al-Jawahar, Kushta Bussad, Kushta Marjan Jawaharwala.

Dosage

500 mg - 1.0 g., calcined (Kushta) 30-125 mg. only.

Corrigent

Cochlospermum religiosum (L.) Alston (Katira) and gum arabic.

Tenedium

The coral root (called Bussad) which is cold in first order and dry in the second.

Comments

Coral is purified by first keeping it in lime juice for sometime then boiling it in decoction of three myrobalans, and afterwards calcined in covered crucibles and reduced to powder. Excessive or long-term use is harmful for kidneys.

Crab

Nature/Identification: Scilla serrata Forskal, Portunus pelagicus Forskal. **Portunidae, Crustacea**
Chemical/Common Name: Crab, Sartan, Kharchang
Arabic Name(s): Sartan Nehri, Sartan
Urdu Name(s): Kekra, Taeti-Tor
English Name(s): Crab

Description

A crustacean inhabitant of sea and river having ten legs and hard back. Female is considered more appropriate for medicinal use, when a pin is inserted in its back, particular mucilage oozes out. Taken off the legs it is made into soup for consumption. Medicinally used as ash (obtained following Gil-e-Hikmat).

Quality/Temperament

Cold and moist in second order.

Pharmacological Actions

Flesh prepared as soup is stimulant aphrodisiac tonic, antibilious, diuretic and emmenagogue, laxative, haematinic, cardiac stimulant. Restorative tonic for individuals suffering from respiratory tract disorders, resolvent of warm inflammations, detersive, antitubercular, antihaemorrhagic (particularly in haemoptysis), antidotary for insects and snake bite in application, lithontriptic.

Medicinal Uses

Soup as well as ash of Crab is beneficial against tuberculosis and phthisis, haemoptysis, pyoptysis (pus in spitting), warm and dry cough, bronchitis, pertussis, hoarseness in the chest, and in debility due to cold affections in warm tempered individuals. Soup and curry is given to patients of tuberculosis and as lithontriptic. On vitiliginous parts of skin, freckles and cholasma etc. it acts as useful detersive. The tonic stimulant aphrodisiac effect relieves sexual debility and general debility. Cold season is considered as appropriate for its consumption.

Compound Preparations

Qurs Sartan, Dawai-Aswad, Ma'jun Murawweh ul-Arwah, Mufarreh Shaikhul-Rais.

Dosage

For soup: 60 g. or according to the prescription. Dried and made into ash: 1-3 g. approximately.

Corrigent

Gil-e-Makhtum (Aluminium silicate).

Tenedium

Prawns, crabs from river are Tenedium for those from sea and vice versa.

Comments

Contains large quantities of calcium. Large quantities or excessive use is harmful for urinary bladder. Gil-e-Hikmat: To turn into ash. On the crab devoid of legs and cleaned stomach, salt is applied, washed, and kept in a closed clay-utensil kept in soil and to which heat is applied from all sides for limited period. It is then taken out and kept for 24 hours in a hot oven. After being cooled, the material slightly touched turns into powdered ash.

Cuttle fish

Nature/Identification:	Internal shell of Sepia officinalis L. (Os Sepiae) **Sepiidae, Cephalopoda, Mollusca**
Chemical/Common Name:	Cuttle-fish bone, Kaf-Darya, Zabdal-behr
Arabic Name(s):	Zabdul Behar
Urdu Name(s):	Samandar-Jhaag, Samandar-Phen
English Name(s):	Cuttle fish bone

Description

Bone of cuttle-fish often found floating on sea-water, usually it is 1-3 inches wide and 5-10 inches in length. It may be oblong, elliptical or oval, flat skeleton, hard and brittle, highly pulverisable. Contains calcium carbonate about 80-85%, also phosphates and sulphates with silica.

Quality/Temperament

Warm and dry in third order.

Pharmacological Actions

Astringent and local sedative, detersive (abrasive).

Medicinal Uses

Cuttle fish is regarded as useful against eye-affections including dust irritation, opacity of cornea as collyrium alone, in rose-water or with mustard oil. This paste made of fine powder of bone, rock salt and rose-water is useful application against conjunctivitis. Powder is an effective ingredient of tooth powders traditionally used. With other suitable drugs used in skin affections for example to remove

freckles, skin patches in vitiligo and leucoderma, and coloured marks of unknown etiology. As dusting powder effective in relieving earache. A medicated oil is also prepared to relieve otorrhoea by boiling fine scraping of bone in Sesamum oil is useful for dropping into the ear.

Compound Preparations

Sunun Mujalli, Kuhl-Roshnai, Musaffi Rehm, Ma'jun Suranjan, Ma'jun Shir Bargadh Wali.

Dosage

In appropriate vehicles for local use, approximately 1g. powder (or per requirement).

Corrigent

Oil of long white gourd (Roghan-Kaddu).

Tenedium

Armenian Bole (Gil-e-Armani).

Comments

Generally it exerts astringent action, but its systemic use is not recommended at large due to undesirable affects for causing complications if administered to individuals suffering from cephalic disorder(s). Hakims consider it as to be nearly toxic and include in only such preparations where cleansing or mild detersive action is desired following administration of specific products (like those mentioned under compound preparations).

Earthworm

Nature/Identification:	Pharetema posthuma Bhal (Ascaris lumbricoides) **Lumbricoidea, Annelida**
Chemical/Common Name:	Earthworm, Khiratin
Arabic Name(s):	Khirateen Am`a ul Arz
Urdu Name(s):	Kechwey, Gandoy, Sanpa
English Name(s):	Earthworm

Description

Creeping on the moist grounds, upto 8 inches in length. In rainy season these may be found freely moving in gardens. Fish like it very much therefore used to trap with fishing hook.

Quality/Temperament

Warm and moist in first order.

Pharmacological Actions

Calorific, fattening, improves sexual vigour, aphrodisiac tonic, sedative for warm inflammations, cicatrizant and vulnerary for surgical wounds.

Medicinal Uses

Earthworms (Musaffa) find use in liniments and embrocations used as aphrodisiac tonic, however sometimes also included in preparations used systemically for obtaining similar benefit. Such preparations are administered to prevent impotence and improve sexual vigour and vitality. As powder alone or in confections or electuaries given for improving body weight and activity. On warm inflammations finely triturated earthworms are applied as paste under cover for about 3 days, it gives relief. Triturated earthworms in water or almond oil applied on hydrocele proves useful.

Compound Preparations

Qurs Kharatin, Ma'jun Sa'lab, Tila-i-Mussamin.

Dosage

1-3 g. approximately.

Corrigent

Extract or juice of Vitis vinifera Linn. fresh ripe fruits, almond oil and olive oil.

Tenedium

Hirudo medicinalis (Jonk/Leeches) for external use.

Comments

Khiratin Mussafa are obtained for medicinal use by keeping the living earthworms in saltish buttermilk (Chaach). Earthworms disgorge (or vomit) all the sand out of their body. The earthworms (Musaffa) are dried for use in medicines. Large quantities or excessive use alone or in compounds is harmful for stomach and intestines.

Egg-Yolk

Nature/Identification:	Gallus domesticus Tenminck. (Ovi vitellus L.) **Galliformes, Aves**
Chemical/Common Name:	**Lecithin (in yellow of the egg)**
Arabic Name(s):	Safar-al-Baiz, Safart-al-Baiz
Urdu Name(s):	Zardi Baidha Murgh, Aano
English Name(s):	Egg-yolk

Description

Egg-yolk is yellow to orange portion of egg which is separated from the white by vitelline membrane. It is nutritional non-living material, contains phospho-proteins, lecithins and some inorganic salts.

Quality/Temperament

Warm and moist in first order.

Pharmacological Actions

Nutrient, demulcent and emollient, aphrodisiac tonic restorative.

Medicinal Uses

Egg yolk is used to prevent rickets in infants above the age of two months. It is of benefit in general debility and convalescence as well as in anaemia or complicated iron deficiency states. Also given in dyspepsia. It finds commercial use in emulsifying oils, oleoresins and resins as well as in cosmetics and shampoos. With lime or nitrate or oxide of mercury it is used as paste applied to plague and other buboes and on boils to promote suppuration.

Compound Preparations

Glyceritum vitelli, shampoos etc.

Dosage

2-4 numbers. In large doses act as laxative.

Corrigent

Milk.

Tenedium

Testicles of cock.

Comments

Ovi albumen (white of the egg) and egg-shell (Ovi testa) are also used in some indigenous preparations (Ovi albumen contains albumen, little mucus, fat, sugar, extractive matter, lecithin, alkaline salts and water; Ovi testa being hard fragile calcareous substance is composed of carbonates of lime, phosphates and traces of sulphur and iron, some organic matter, salts as chlorides, iodides, sulphates, and phosphates of potassium, calcium and magnesium). No known toxicity reported following nutritional use of egg or egg-yolk, however may elevate temperature in warm-temperamental individuals and may cause convulsions, allergic reactions, acne etc. in hypersensitive individuals.

Gelatin (Isinglass)

Nature/Identification: Acipenser huso; Acipensar stellatus **Actinoplerygii, Acipenseriformes, Pisces**
Chemical/Common Name: **Sturgeon's bladder/Isinglass (Fish Glue)**
Arabic Name(s): Gurra-al-Samak, Serasham Mahi
Urdu Name(s): Saresham Mahi, Machchli-ki-Saresh
English Name(s): Isinglass/Agar Agar/Animal Gelatin

Description

The bladder occur in front of the abdomen of several species of fishes (sturgeons) prepared and cut into fine shreds called Isinglass. It is white, without odour and very light material insoluble in water but soluble in boiling water and forms good transparent jelly. Also obtained from skin, tendons, ligaments, cartilages of bones etc. by boiling these tissues and drying the resulting jelly in air.

Quality/Temperament

Warm and dry in first order.

Pharmacological Actions

Isinglass being similar to albumen contains pure gelatin, is highly nutritious, demulcent and emollient, provide occlusive protection from the external environment and as vehicle for various medicaments, haemostatic, adhesive, antipruritic, cooling.

Medicinal Uses

Mixed with starchy food and with soup gelatin is given in chronic diarrhoea in children and for invalids. Its nutritional consumption is useful against chest affections and stops blood stain in mucous of the patients of tuberculosis. As an agar-agar used in media preparation for microbiological culture. An emollient plaster of isinglass with alcohol, glycerine and hot water applied on one side of the cloth for cuts and abrasions. Absorbable gelatin film is used as mechanical protective, as temporary supportive for varicosities and similar lesions.

Compound Preparations

Absorbable Gelatin Sponge, Stomahesive, Zinc Gelatin.

Dosage

4 g. to as required.

Corrigent

Cow's milk, starch.

Tenedium

Gelatin from other animals.

Comments

Large doses or excessive use may cause obstructions in the intestines. Gelatin is a valuable protein derived from animal sources. Commercially it is obtained from tannery by-products such as hides pieces, splits and exceptionally flashings and bone and its pieces. Edible gelatin is used for jelly desserts and marmalade.

Gizzard

Nature/Identification:	Gallus gallus L. var. domesticus Brisson **Phasianidae, Galliformes, Aves**
Chemical/Common Name:	**Gizzard from domestic cock and hen**
Arabic Name(s):	Qalzah, Qaanisah
Urdu Name(s):	Sangdana-murgh, Pota, Gujji
English Name(s):	Gizzard

Description

It is the storing for nutrition which is associated with the stomach prior to its position.

Quality/Temperament

Warm and dry in first order, warm in first order and balanced in moistness and dryness on assimilation or penetration.

Pharmacological Actions

Stomach tonic, astringent, antidiarrhoeal.

Medicinal Uses

It is useful nutritive in regulating digestion and particularly indigestion due to stomach debility where the nutrition passes down unabsorbed (Ashaal-Mawi) and may cause intestinal disturbance and diarrhoea. With other suitable drugs it is prescribed in all such diarrhoeal conditions and to impart tonicity to whole digestive tract including liver.

Compound Preparations

Ma'jun Sangdana Murgh.

Dosage

Approximately 1-2 g. (medicinally prepared).

Corrigent

Vinegar and common salt.

Tenedium

Gizzard from Gallus pugnax/Gallus pusillus or other species.

Comments

Nutritive and digestive tonic, gizzard is regarded as useful in all digestive complaints and disorders where 'pepsin' is administered. It is not easily digested in light tempered and lean individuals. Large quantities or excessive intake may cause flatulence and colic.

Hirudo

Nature/Identification: Hirudo medicinalis L.
Hirudiae, Annelida
Chemical/Common Name: Leeches
Arabic Name(s): `Alaq, 'Aluk, Zaloka
Urdu Name(s): Jonk, Pichchian, Jonkan
English Name(s): Speckled Leech, Leeches

Description

Found in shallow or deep pools of water containing water lilies and other sweet smelling plants, feed upon roots of water lilies. Both of aquatic and terrestrial habits, they are black or of olive colour marked with 6-longitudinal stripes. Body is elongated 2-3 inches long tapering at each end, are convex and wrinkled transversely. These are the known blood sucker when adhere anywhere on the body.

Quality/Temperament

Cold and dry in second order.

Pharmacological Actions

Antiphlogistic, anti-inflammatory, locally blood sucker thus act as venesective, anticoagulant, antiemetic and restorative tonic.

Medicinal Uses

Traditionally leeches have been used to draw blood from the unbearable sites of pain in body or from where pain does not cease away after ordinary means have failed. These include acute inflammations of glands, in incipient abscesses, boils, bruises, sprains, blows, serous membrane inflammations and in those affecting skin, and bones. To check obstinate vomiting and violent headaches, sciatic pain etc. Turned into ashes after being burnt, with suitable oils and other ingredients applied on eyelashes when there is complain of their dropping-off. Hairs are uprooted and then applied for

rendering new hairs. To dry piles and to clear the skin of unwanted marks.

Compound Preparations

Generally used as simple.

Dosage

Ash not more than 1 g.

Corrigent

Almond oil and olive oil.

Tenedium

Pharetema posthuma (Earthworm) to procure aphrodisiac action on external application with other suitable drugs.

Comments

Normal size leeches (upto 2" length called Rai-Jonk) are best for medicinal use. Care must be taken in selection of the material for there are found many highly toxic (venomous) types, and in recognition of variable anticoagulant activity.

Honey

Nature/Identification:	Apis mellifera L. **Apiadae, Hymenoptera, Insecta**
Chemical/Common Name:	**Honey,** Mel depuratum; M. despumatum
Arabic Name(s):	`Asal, Shahed, Injubin
Urdu Name(s):	Shahed, Maakhiyon, Maakhi
English Name(s):	Honey

Description

Viscid, saccharine substance, semi-translucent liquid of a light yellowish-brown colour, of an aromatic odour, sweet in taste. It becomes opaque and crystalline with time and comprises monosaccharides (dextrose and levulose), wax, volatile oil, mucilage, colouring matter, ash, phosphates, calcium and iron, vitamins, a diastatic ferment similar to that of saliva.

Quality/Temperament

Fresh: warm in first order, dry in second, otherwise warm in third order, dry in second.

Pharmacological Actions

Honey is nutritive, demulcent, and mild laxative. Honey of more than a year old is astringent, demulcent, detersive, pectoral, and laxative. It is antiseptic and suppurative.

Locally applied it may act as styptic. In Unani medicine its use in pharmaceutics is basic for being the best vehicle for drugs administration and as preservative.

Medicinal Uses

In preparation of exhilarants, confections and electuaries, and as an adjunct to decoctions, pills and powders. Honey finds extensive use in traditional medicine, as an ideal nutritive and aphrodisiac (tonic) it is mixed in warm milk and administered. For strengthening eyesight applied as collyrium in eyes and in case of pus from ears, a wick enriched in honey is sprinkled over by borax and kept in the ear gives relief. Applied as antiseptic, suppurative for hard swellings, ulcers etc. In cold affections particularly of the upper respiratory tract, in constipation, sore throat etc., and in malnutrition, scurvy, rickets and to regulate secretion of glands as well as for calcium metabolism its various preparations are administered. One such preparation is a combination of honey with barley water, whereas other much used by Hakims is called Maaul'Asal (prepared by mixing 1 part honey in 4 parts water kept over heat so that 3/4 water evaporates, left over translucent liquid is Maaul'Asal).

Compound Preparations

Maaul'Asal, in Compound Preparations particularly in exhilarants (Mufarrehat), in confections (M'uajin) and electuaries (Laooqat), jawarishat, and some times in pills and Khamirajat.

Dosage

24-48 g (approximately).

Corrigent

Lemon water or lemon juice, vinegar and sour articles.

Tenedium

Ripe Dates (Phoenix dactylifera Linn. and other spp.).

Comments

Mel depuratum is the honey of commerce consists mainly of various kinds of sugars, is a viscid translucent liquid of light yellowish or brownish-yellow colour, gradually becomes partially crystalline and opaque. It has demulcent, laxative and nutritive attributes, being one of the best vehicles for medicines used in treatment of cough, asthma, fever, dyspepsia etc. It is highly useful against bilious disorders, however, excessive use may cause headache and thirst in individuals with warm temperament.

Lac

Nature/Identification: Resinous substance rendered by Laccifer lacca Kerr., Tachardia lacca Kerr.
Coccidae, Hemiptera, Insecta
Chemical/Common Name: **Lakh, Luk**
Arabic Name(s): Luk
Urdu Name(s): Laakh, Lukk, Lakh Maghsul
English Name(s): Lac, Shellac

Description

Resinous substance deposited on the twigs of trees such as Banyan, Croton, Acacia, and Ficus by insects called Laccifer lacca (Carteria lacca) are of orange red colour. Lac taken away from twigs molted and poured in hot water or allowed to cool, results into clear lac on the surface is called shell lac or shellac (Laakh Maghsul). This shellac is finely powdered and used in traditional medicine.

Quality/Temperament

Warm in second and dry in third order.

Pharmacological Actions

Detersive, resolvent, styptic, haemostatic purifier of abnormally excess humours, expectorant, desiccative, tonic for stomach and liver.

Medicinal Uses

Locally shellac is used as stimulant application to indolent, scrofulous and scorbutic ulcers. Decoction of shellac is used in medicated oils as restorative and stimulant tonic for local application. Powdered shellac with honey is administered against haematemesis. In all types of dropsies, jaundice, cough and asthma it proves effective. As desiccative resolvent administered to reduce fat in adipose individuals. Lac is a useful application in caries and diseased teeth. Decoction of shellac in Sesamum oil and whey with some general tonic of medicinal herbs is prepared in medicated oil to apply over the chest in remittent fevers accompanied by cough and dyspnoea, in lumbago, myalgia, epilepsy and hysteria.

Compound Preparations

Ma'jun Dabeedul Ward.

Dosage

500 mg. to 2.0 g. approximately.

Corrigent

Pistacia lentiscus Linn./Pistacia integerimma Linn. (Mastagi/ Mastich).

Tenedium

Bambusa arundinacea Retz. (Tabashir).

Comments

Preparations for economic and Medicinal Uses: A colour obtained from the decoction of lack (called Kalan), small pills are made from the decoction (called Mahawar), small thin pieces are made by drying molten lac (called Chappra) and washed lac in hot water (Laakh Maghsul). Stick lac, seed lac, grain seed lac, shellac, button and sheet lac are different names of forms of lac obtained after variable processing methods.

Musk

Nature/Identification:	Moschus moschiferus L. **Cervidae, Ruminantia, Mamalia**
Chemical/Common Name:	**Musk xylol (synthetic Musk), Kassturi**
Arabic Name(s):	Misk, Mushk
Urdu Name(s):	Mushk, Misk
English Name(s):	Musk

Description

Musk is an inspissated and dried secretion (testicular extract) from the preputial follicles of the male musk deer. The material is found embedded in a sac and occurs as irregular, reddish black, slightly unctuous grain. Musk when fresh is milky but later turns viscid and assumes a brownish-red colour.

Quality/Temperament

Warm and dry in second order.

Pharmacological Actions

Exhilarant, tonic for vital organs, generator of animal heat, nervine and aphrodisiac tonic, demulcent, deobstruent, calorific, antispasmodic.

Medicinal Uses

Musk is widely used in cardiac and nervous debility, palpitation and as nervine sedative in spasmodic affections including melancholia, hypochondria, epilepsy, hysteria, infantile convulsions, anemia, shock, paralysis, chorea, whooping cough etc. It stimulates the respiratory centre as

well as urino-genital organs. Largely used in perfumes and to give specific aroma to soap, powders, and in mixing liquid perfumes. As aphrodisiac given in combination with other aphrodisiacs in seminal weakness and impotence in mental and body fatigue leading to sleeplessness. Musk is also useful in curing dyspepsia and colitis. For general depression a pill made of one part musk and three parts of camphor is beneficial.

Compound Preparations

Jawahar Mohra, Hab Jawahar, Hab Khas, Khamira Abresham Hakim Arshad Wala, Khamira Abresham Shira Unnab Wala, Ma'jun Nankhwah Mushki, Ma'jun Nuqra, Mufarreh Mo'tadil, Mufarreh Yaquti Mo'tadil.

Dosage

Approximately 125-250 mg.

Corrigent

Aqua Rosa damascens Mill. and Bambusa arundinacea Retz.

Tenedium

Cinnamomum tamala Nees & Eberm. leaves, castoreum (Jundbedastur).

Comments

May cause headache. Contra-indicated in cases where there is any organic complication suspected in patient. Synthetic substitutes of musk for example Musk xylol, Musk xylene and Trinitrobutyl toluol which have odour akin to the natural musk are sold for perfumery purpose under the brands of artificial musk.

Otolith

Nature/Identification:	**Calcium silicate**
Chemical/Common Name:	Sang-e-Sarmahi, **Silicate of Lime, Otolith**
Arabic Name(s):	Hijr-al-Samak
Urdu Name(s):	Hijr al-Samak, Sange Sar Mahi
English Name(s):	Silicate of Lime, Otolith

Description

It is a variety of lime stone (Otolith), procured from fishes (named Pathar-Chata and Sanul) of the Arabian Sea. It resemble in form and appearance to human incisor teeth and is brownish white in colour. Externally it is shining, glabrous and of a brownish white colour, biconvex and broad at one end and obtuse at the other.

Quality/Temperament

Warm in first order, dry in the second.

Pharmacological Actions

Vulneary, diuretic, lithontriptic, resolvent, cooling, demulcent.

Medicinal Uses

Ash prepared by braying Otolith in lime juice and incinerating. It is cooling and demulcent and administered in gonorrhoea with benefit. In some suitable vehicle its drink is given to check vomiting. It is also an effective diuretic and lithontriptic, given in retention of urine and in diseases of urinary organs. It resolves the obstructions particularly the fatty depositions and stones in kidneys, bladder and urinary passage and administered with electuaries (Muajin, etc.). Paste of ash made in lime juice is useful for application in vesicular eruptions in children, to itch, ringworm and chronic skin disorders.

Compound Preparations

Kushta Sang-e-Sarmahi, Ma'jun Sang-e-Sarmahi.

Dosage

Approximately 1 g.

Corrigent

Milk.

Tenedium

Hajr-e-Yahudan, Sang-e-Yahudan (Jew's Stone), Sang-e-Isma (Silicate and Sulphate of lime).

Comments

Composition of Sang-e-Sarmahi is very much similar to that of Sang-e-Yahuda which is a fossil stone; and its actions and uses are like that of silicate and sulphate of lime in traditional medicine, which is a kind of marble and is identified as Sang-e-Isma. Large doses and excessive use is harmful for individuals having warm temperament.

Pearl

Nature/Identification:	Ostrea gigas Thunberg (Ostrea edulis L.) **Ostreidae, Mollusca**
Chemical/Common Name:	**Carbonate and oxide of lime contains** **calcium carbonate, phosphate, sulphate of** **calcium and magnesium, oxide of iron, alumina and silica etc.**

Arabic Name(s): Lulu
Urdu Name(s): Marwarid/Moti
English Name(s): Pearls/Common Oyster Shells

Description

The Bivalve mollusc in which pearls are found is a semi-circular shell within which shell-fish is found which produces natural pearls of variable textures and colours. Small size pearls and shells are used in traditional medicine. Pearls are calcined or turned into ash for medicinal use.

Quality/Temperament

Balanced/cold and dry in second order.

Pharmacological Actions

(i) The pearls are exhilarant, tonic for vital organs, astringent, detersive, ophthalmic tonic, haemostatic, aphrodisiac.

(ii) The bivalves are demulcent, stomachic, digestive, stimulant, cardiac tonic, aphrodisiac, laxative, sedative, nutritive (the shell and flesh found inside is acrid).

Medicinal Uses

Ash of pearls and shell is used as antacid in dyspepsia, abdominal tumours, liver and spleen enlargements, loss of appetite, cough, phthisis, and asthma, given twice daily in recommended doses with honey. Used in low fever, burning sensation in the eyes, reduces yellowish tinge of eyes when administered as collyrium and internally proves effective against pale urine due to low fever, checks burning sensation during micturition, and is also beneficial as cerebral tonic in nervous complaints like chronic headache, epilepsy, convulsive attacks etc. In piles, leucorrhoea, spermatorrhoea and impotence; with other suitable ingredients it is given in diabetes, seminal weakness, biliousness and to strengthen cardiac muscles. As an effective astringent and haemostatic given to relieve excessive bleeding in menstruation and to stop bloody diarrhoea.

Compound Preparations

Khamira Marwarid, Tutiya-i-Kabir, Jawarish Amla Ambari Ba Nuskha Kalan, Jawahar Mohra, Hab Jawahar, Hab Ambar, Momiyai, Khamira Abresham Hakim Arshad wala, Marwarid Sayyal, Ma'jun Kalan, Ma'jun Murawweh ul-Arwah, Ma'jun Momiyai, Ma'jun Nishara-i-Ajwali, Mufarreh Azam, Mufarreh Buqrat, Mufarreh Shaikh ul-Rais, Mufarreh Yaquti Mo'tadil, Naushdaroo-i-Lului.

Dosage

Up to 60 mg.

Corrigent

Coral.

Tenedium

Oyster shell and for oyster shell, the bright silver coloured reflecting layer on the inner side of the shell can be used as Tenedium.

Comments

For turning into powder (ash), triturition should be done within few drops of lemon water.

Sand Lizard

Nature/Identification:	Lacerta agilis L. **Lacertalia, Reptiles**
Chemical/Common Name:	**Sand Lizard/**Raig Mahi
Arabic Name(s):	Samkatul Saida
Urdu Name(s):	Sumak al-Saida
English Name(s):	Sand Lizard

Description

A species of sand fish (genus silver fish) with thorny spines - when dry the skeleton appears more like a fish without head and legs. Of light brown colour about six inches in length with darkish brown reticulations on back.

Quality/Temperament

Warm and dry in second order.

Pharmacological Actions

Nervine, stimulant, aphrodisiac tonic, restorative.

Medicinal Uses

With egg-yolk in prescribed doses Sand Lizard is administered in general debility, spermatorrhoea and seminal debility. Particularly useful as restorative for individuals suffering from chronic respiratory disorders which may involve loss of libido and premature ejaculation and associated cardiac debility.

Compound Preparations

Lubub al-Asrar, Lubub-Kabir, Ma'jun Raig Mahi, Ma'jun Mubahee Antaki, Ma'jun Murawweh ul-Arwah, Ma'jun Muqawwi wa-Mumsik.

Dosage

Approximately 3 g., ash about 125 mg.

Corrigent

Oils/Zingiber officinale Rosc./Syrup of vinegar in honey (Sikanjbin).

Tenedium

Scilla serrata Forssk. (crabs).

Comments

Lacerta agilis is quite common in desert areas of arid zones and its various species are Tenedium for each other. Lacerta scincus is another species known as Skink. These are high quality aphrodisiac.

Silk cocoon

Nature/Identification:	Bombyx mori L. **Bombycidae, Lepidoptera, Insecta**
Chemical/Common Name:	**Silk-Pod**
Arabic Name(s):	Hareer, Harer
Urdu Name(s):	Abresham, Patt
English Name(s):	Raw Silk-Cocoon, Silk worm-moth

Description

The oval cocoon consisting of fibroin (silk) threads cemented together with a layer of silk glue (sericin) secreted by silk worm while passing from caterpillar to the chrysalis (or pupal) stage. The worms feed on the leaves of Morus (Shahtut), are about an inch long and half an inch thick. Cocoon ash (i.e. powdered cocoon) is used in medicines.

Quality/Temperament

Warm and dry in first order.

Pharmacological Actions

Exhilarant, refrigerant, expectorant, detersive, cardiac tonic, styptic, aphrodisiac. Generally administered with other astringents and tonics.

Medicinal Uses

As exhilarant and cardiac tonic Silk Cocoon are included in general body tonics and confections. Being expectorant administered with other suitable drugs in cough, asthma, catarrh and flu due to seasonal affects particularly due to cold. If the phlegm becomes more viscous or putrefied, it is a desired crude drug, it renders it clear and light. As collyrium the ash is effective against epiphora and irritation in eyes. As

styptic, tonic and astringent to check profuse menstruation. In leucorrhoea and chronic diarrhoea it is also used as restorative tonic.

Compound Preparations

Dawaul-Misk Mo'tadil Jawahardar, Hab-e-Jawahar, Arq Amber, Khamira Gaozaban Ambari Jawahardar.

Dosage

200-600 mg. approximately (often in compound form 3-5 g. also).

Corrigent

Valeriana hardwickii Wall. (Asarun).

Tenedium

Bombyx mylitta (which feed on leaves of Rhamnus jujuba Linn.) and leaves of Onosma bracteatum Wall. (Gaozaban).

Comments

Silk Coccon raw (Abresham Khām) is either taken as such and cut into pieces with scissors cleaned and used called Abresham Muqarraz; or it is cleaned, cut into small pieces, kept in an iron utensil over heat and continuously pounded so that it becomes easily bruised or powdered with pestle, it is known as Abresham Muhammes. Large doses or excessive use is harmful for kidneys. Silk cloth is extensively used all over the world made from thread obtained by processing cocoon.

Stag Horn, Hart's Horn

Nature/Identification:	Cervus elephus var. hanglu Ahmad et al. (Cervus elephus Linn.) **Cervidae, Ruminanta, Mamalia**
Chemical/Common Name:	**Deer's Horn,** Shaakh Gozan, Qaaran al-Aael
Arabic Name(s):	Ael
Urdu Name(s):	Baara Singhe Ka-Sing, Haran Ka-Sing
English Name(s):	Hart's Horn

Description

Material is of white colour, without odour or taste and contains about 58% phosphate of lime. Used in the form of powder which is prepared by burning the horn in a closed vessel and then reducing the ashes to a fine powder.

Quality/Temperament

Warm and dry in third order.

Pharmacological Actions

Nutritive, demulcent, resolvent, sedative and detersive. Cervus elephus (Bara-Singha) horns obtained are medicinally utilized and said to possess locally astringent and sedative actions whereas internally as nervine and blood tonic properties.

Medicinal Uses

The Hart's horn powder with few bruised black pepper is administered as well as applied on chest in pectoral affections, pleurisy, cough and asthma, and in low fevers, in painful affections of the joints, sciatica and lumbago. In cardialgia, pleurodynia and other affections of heart administered in dose of 2 mg with clarified butter, milk or cream. Being detersive used as collyrium in many eye affections, for example vascular keratitis, specks and cataract, as well as in irritation. The powder is used to clean teeth alone or in combination with other suitable medicines. Powder is also sprinkled in thrush and muguet in children. In phosphaturia and loss of appetite in children it proves useful. Fumigation is effective against piles for drying them.

Compound Preparations

Sunun Maseehi, Kushta Qarn al-Aael, Ma'jun Nishara-i-Aaj wali.

Dosage

Approximately 125-500 mg. (calcined/Kushta).

Corrigent

Oils.

Tenedium

Cervus elephus (Horns of other species of Bara Singha, also consist of calcium phosphate), the Stag's Horn which smells like burnt sugar when freshly cut.

Comments

Hert horn and Stag's horn is prepared for medicinal use into ash by burning the horn in an open fire or by soaking its piece in milky juice of Calotropis gigantea Ait. or C. procera Ait. and then roasting it into ash. It has locally astringent and sedative actions, whereas internally nervine and haematonic properties given with honey in diseases of respiratory system, cardiac debility, enlarged glands and seminal debility. A paste is also prepared which is applied to sprains, contusions, cracks and fissures and to forehead in headache

as well as to relieve itching in chronic skin diseases, and as remedy for relief in rheumatic and ribs pain. Large doses or excessive use of Cervus dama or C. elephus may give rise to the formation of abnormal quantity of black bile (Sawda).

Testicular Extract

Nature/Identification: **Testicular Extract**
Chemical/Common Name: **Testosterone**
Arabic Name(s): Khulasa Khussia
Urdu Name(s): Jaohar Khussia
English Name(s): Testicular Extract

Description

Extract of testicles - comprises androgenic hormone of the testes (testosterone propionate) when prepared for oral use, it is white or cream white crystals or crystalline powder, odourless, insoluble in water and vegetable oils but soluble in organic solvents like alcohol and acetone.

Quality/Temperament

Warm and moist in accordance with the source of procurement.

Pharmacological Actions

Aphrodisiac tonic and stiumulant for sexual organs, tonic restorative for the urinary bladder.

Medicinal Uses

Testicular extract is administered in hypogonadism, sexual debility, nervous debility and as sex stimulant, restorative for general debility and for sexual organs. Used in small doses to increase number of spermatozoa and size of reproductive organs. In women with loss of libido small doses (1/4 to 1/2 of normal) are administered to treat menorrhagia, dysmenorrhoea, metrorhagia, chronic mastitis and mammary carcinoma.

Compound Preparations

Testicular Extract, Testosterone Propionate, Jaohar Khusia.

Dosage

Approximately 10 mg. orally. Also its fine preparations are administered in injection and applied as ointments and solution.

Corrigent

To wash in boiled hot water only once for 2-5 minutes and to prepare the extract with milk and sugar.

Tenedium

Egg mixed in luke warm milk, and testes from other (permitted: Halal) animals.

Comments

Excessive use may cause hypercalcaemia, increased weight and growth of bones, sodium and water retention, oedema. In women: deepening of voice, atrophy of breasts, acne and hypertrophy of the clitoris. In men: large doses may suppress spermatogenesis and may cause degenerative changes in seminiferous tubules.

Wax

Nature/Identification: Apis mellifera L.
Apis indica Kowski
Apiadae, Hymenoptera, Insecta
Chemical/Common Name: **Yellow Beeswax and white Beeswax**
Arabic Name(s): Shamma'
Urdu Name(s): Mom, Shamma'
English Name(s): Wax, Beeswax

Description

Exists in the pollen and surface of leaves of many plants, chiefly the wax myrtle. It is extracted by honey bee and used in construction of honey comb. When the honey is extracted, wax is obtained by squeezing or pressing the comb, bleaching by exposure to moisture, air and light and or melting it in hot water and allowing to stand cool. It is insoluble in water, soluble in alcohol.

Quality/Temperament

Balanced/warm in second order, balanced in moistness and dryness.

Pharmacological Actions

Wax is emollient, demulcent, resolvent for hard inflammations and mosquito or small insect bites, in many cases of excoriation or hard-skin conditions, it provides a sheath when applied as protective.

Medicinal Uses

Wax finds extensive use as base in the preparation of ointments and plasters. Being resolvent applied with other useful products like Balsamodendron oleo-resin and Sesamum oil as plaster on boils to painful rheumatic joints with benefit and in nervous pains. A paste made of wax, sap and root of Ricinus communis Linn. in honey is useful

application to ulcers, also used in dysentery where ulcers are suspected. The wax mixture (two types combined) is applied into the rectum where ulcers are suspected. In recommended doses orally, it gives relief in dry cough, hoarseness of voice, pain in the chest, asthma, pneumonia and pleurisy.

Compound Preparations

Qairuti Arad Krasna, Roghan Mom, Marham Kafur, Ma'jun Murawweh ul-Arwah.

Dosage

0.5-1.0 g. approximately.

Corrigent

Gingeli oil (Sesamum indicum Linn.).

Tenedium

Petroleum jelly.

Comments

Extensive internal use may slow down the digestive process and cause loss of appetite.

Alum

Nature/Identification: **Alumen**
Chemical/Common Name: **Sulphate of Alumina and Potash/Aluminous sulphate**
Arabic Name(s): Zaj Abiaz
Urdu Name(s): Phitkari, Phitkri, Phitki
English Name(s): Alum, Shab-i-Yemeni

Description

Alum is a general name for a class of double sulphates containing aluminium and metals like potassium, ammonium, iron etc. Medicinal alum is composed of colourless, transparent crystals, with acid, sweetish, astringent taste. Crystals are obtained by dissolving available crude material from market in boiling water and by evaporating whole water.

Quality/Temperament

Warm in second order, dry in third.

Pharmacological Actions

Astringent, sedative, antihaemorrhagic (haemostatic), antispasmodic, antiseptic, antiperiodic, in repeated doses 'emetic'. Desiccative for secretions, diminish supply of blood. Powdered alum is corrosive, in small amount as detersive and cleanser.

Medicinal Uses

Weak solution or powder mixture of alum with other suitable ingredients is useful application against spongy or bleeding gums, loose teeth, ulcers of mouth and tongue, fissures of tongue in consumption, excessive salivation etc. With honey it is beneficial against aphthae and thrush. Lotion made of alum, borax and water is useful in purulent state of eczema. With armenian bole and catechu it is useful application in swollen gums and toothache. Cloth saturated with alum solution in acacia gum solution is effective application on bleeding piles, in prolapsus uteri or ani. Locally applied in tonsillitis, diphtheria, croup and pharyngitis. As collyrium in rose water applied in chronic purulent ophthalmia, conjunctivitis, sore eyes etc. Alum lotion checks internal haemorrhages from lungs, stomach, kidneys and to arrest excessive menstrual flow, leucorrhoeal discharge tinged with blood. Externally alum forms one of the ingredients of some hair dyes and lotions. Locally applied it checks bleeding and sweating. In chronic diarrhoea and in diarrhoea preceeding cholera and in gastric and intestinal catarrh alum is administered orally with other suitable ingredients (like

Acorus root) in recommended doses. In whooping cough and asthma, about 25 mg. in rose water given twice a day proves useful. In chronic gonorrhoea when given internally, it helps alleviate the situation. On putrefied wounds or ulcers of skin powdered alum is sprinkled, acts as useful desiccative and antiseptic. Alum is used extensively to clarify water of dirt and soil particles.

Compound Preparations

Kuhl Sadaf, Kushta Qala'i, Kushta Tamysar, Ma'jun Bussad, Barud Kafuri (collyrium), Hab Siyah Chashm, Hab-Urus.

Dosage

Approximately 25-50 mg.

Corrigent

Clarified butter, oils and honey.

Tenedium

Red pink type (crude) or white crystals. In some actions ammonium chloride.

Comments

Alum is a common de-contaminant for water-soluble salts and elements but does not acts as antimicrobial. The water which is cleaned with alum must be boiled to get rid of infectious microorganisms. Continuous use or large doses are harmful for lungs, stomach and intestines. To nullify its toxicity effects, prior to its medicinal use it is fried over heat so as to turn into powdered ash.

Ammonium chloride

Nature/Identification:	**Ammonii Chloridum**
Chemical/Common Name:	**Ammonium Chloride**
Arabic Name(s):	Milh-un-Nar
Urdu Name(s):	Naushadar, Milh-un-Nar, Naushadar Qalmi
English Name(s):	Chloride of Ammonia, Sal Ammoniac

Description

It is found as a white encrustation around volcanoes. Met within the bazaar as generally very impure dirty white or brownish translucent cakes as it is manufactured from a kind of clay. Also obtained by the combustion of excretions of various animals, it is also a secondary product in the manufacture of coal gas. Also obtained from unburnt extremities of brick kilns in which manure of animals is used.

To this, coal and common salt are added and sublimed. It is thus obtained in white granular crystals or transparent masses. It is readily soluble in water, highly deliquescent, saline, disagreeable, nauseous and with pungent taste. Can be purified and made into powder by dissolving in hot water, evaporating to dryness and keeping in bottles.

Quality/Temperament

Warm and dry in third order.

Pharmacological Actions

Alterative, expectorant, cholagogue in small doses, in large doses purgative. Demulcent, resolvent of inflammations, expectorant, stimulant for liver and stomach, absorbent for abnormal quantity of catarrhs, desiccative, detergent, diuretic, antidotary.

Medicinal Uses

Ammonium Chloride has marked stimulating effect on the mucous membranes, increasing their secretion also on the absorbent system and on gland structures. It relieves hepatic congestion and modifies hepatic secretions, useful in cases of hepatic abscess, chronic hepatic congestion and in dropsy connected with the liver and ovarian diseases, in cirrhosis, and jaundice due to excess catarrh of the bile ducts. For hepatitis, sal-ammoniac mixed with wormwood, rubbed well in mortar with little water and administered gives relief. In biliousness due to gastric catarrh, flatulence, foetid breath etc. it is of benefit. In bronchial and vesical catarrh, pharyngitis, whooping cough etc. It is combined with glycyrrhiza and administered in recommended doses. It is also effective in desirable preparations against menstrual derangements, leucorrhoea, chronic dysentery and chronic discharges from lungs and stomach, in neuralgia, intermittent fevers, affections of glands (thyroid and liver) and spleen. It is also a useful cooling application to the head in headache, sprains, rheumatism, sciatica, erysipelas, chronic skin diseases and as dressing for bruises, blows on the eyes (black eye) and for local application in cataract. Ammonium chloride is useful for correcting metabolic alkalosis and its solutions are local irritants exert rubefacient action, in high concentrations act as vesicant.

Compound Preparations

Namak Sulaimani, Hab Kabid Naushadri, Itrifal Ghudaddi, Hab Yarqan, Safuf Barq, Sunun Khas, Qurs Podina, Kuhl Biyaz.

Dosage

Approximately 120 mg. - 1 g.

Corrigent

Milk and oils.

Tenedium

Sodium carbonate (Sajji).

Comments

Large doses or prolonged use is harmful for intestines, mucus membranes and viscera. High concentrations of neutral ammonium salts are irritating to the gastric mucosa and may produce nausea and vomiting.

Argentum

Nature/Identification:	**Argentum**
Chemical/Common Name:	**Silver, Native Silver Alloys, Arquerite (solid solution of mercury and silver; scattered in mercury and silver deposits).**
Arabic Name(s):	Fizzah
Urdu Name(s):	Chaandi, Fizza, Nuqra
English Name(s):	Silver, Silver Foil

Description

The heavy metal, found throughout the mineral kingdom in a metallic state often alloyed with other metals - gold, arsenic, copper, mercury etc. or combined with sulphur, nitrates, iodine etc. Silver may be artificially produced by a mixture of mercury, sulphur and other substances.

Quality/Temperament

Cold and dry in first order.

Pharmacological Actions

Silver and silver preparations are tonic, stimulant, astringent, sedative, antispasmodic, viscous aphrodisiac, bactericidal and bacteriostatic.

Medicinal Uses

Well-grinded, fine and thin silver leaf and powder of Argentum are given in combination with stimulant tonic confections and with various aphrodisiac medicines. Recommended in excessive heat in the body, hectic fever, phthisis, chest affections, impotence and premature ejaculation (seminal weakness), in painful irritable conditions of stomach and intestines, in heartburn and chronic diarrhoea, in leucorrhoea, menorrhagia etc. In advanced stages of dysentery, diarrhoea, dyspepsia attended with gastralgia and pyrosis, cholera, epilepsy, whooping cough,

spasmodic asthma, hysteria and mercurial palsy, silver nitrate is used. Locally as injection in gonorrhoea, gleet, leucorrhoea, catarrhal inflammation of the bladder, croup, diphtheria, ulceration of the mouth and many obstinate skin diseases.

Compound Preparations

Dawaul-Misk Mo'tadil Jawahardar, Khamira Gaozaban Ambari Jawahardar, Safuf Fizzah, Silver oxide (Rupa-mukhi/Aqlimiya-i-Fizza is used) in Kuhl al-Jawahar, Kuhl-Roshnai.

Dosage

Silver leaf: 60-120 mg. approximately., powder: 30 mg. approximately, silver nitrate: 10-30 mg. approximately. In solution for external application approximately 120-600 mg.

Corrigent

Honey and Cochlospermum religiosum (L.) Alston (Katira), and to make it calcined - Kushta.

Tenedium

Turquoise (pale green stone called Feroza).

Comments

Inorganic silver salts (like silver nitrate), find use as bactericidal and bacteriostatic solutions. Silver in recommended doses passes unabsorbed from the body, however the inorganic silver salts are referred to be strongly irritating to tissues. Silver nitrate ophthalmic solution USP (contains 1% salt) instilled into the eyes of newborn to prevent gonococcal ophthalmia - may cause conjunctivitis. In large doses silver nitrate is a corrosive poison. Prolonged use of any silver preparation may result in argyria.

Arsenic Sulphate

Nature/Identification:	**Arsenum, Acidum Arseniosum**
Chemical/Common Name:	**White Arsenic, Flowers of Arsenic, Arsenious Acid, Arsenic Disulphite, Arsenic Trisulphide**
Arabic Name(s):	Sammul-faar
Urdu Name(s):	Sankhya, Hartal, Hartal Gaodanti, Sammul- faar
English Name(s):	White oxide of arsenic, Red orpiment or Realgar, Orpiment or yellow Arsenic sulphide

Description

Found in arsenic ores as arsenates of iron, nickel or cobalt; commercial arsenious acid is obtained by roasting the native ores, in the form of sublimate. With oxygen it forms arsenious acid - is a solid, heavy, white powder, stratified masses or minute transparent and glass-like crystals, tasteless, soluble in water, glycerine, alcohol, alkalies and their carbonates and in hydrochloric acid. It is used in preparations after being purified. Realgar (As_2S_2) is prepared by fusing arsenic with 5 parts of sulphur, purified by rubbing it in the juice of lemons or ginger. Orpiment (As_2S_3) occurs in two forms: shining smooth gold coloured scales and as fine lemon yellow opaque masses.

Quality/Temperament

Warm and dry in fourth order.

Pharmacological Actions

Stomachic, general and nervine tonic, alterative, antiperiodic, cardiac, respiratory, intestinal stimulant, antiphlegmatic, antiflatulent, blood purifier, antibacterial, corrosive, desiccant. Externally irritant.

Medicinal Uses

Arsenic sulphate is used in a highly diluted form for a variety of disorders where immunostimulation is required but chiefly used in fevers alone or combined with other substances. Plenty of oily, creamy substances are used while arsenic is being administered in desired form. In chronic cases of diarrhoea, with anasarca, fevers, ague, remittent fevers with shivering, profuse perspiration, high temperatures, difficult breathing, malaria, anaemia, diabetes, psoriasis, enlarged lymphatic glands, obesity, chorea, neuralgia, coryza, bronchitis, asthma, rheumatism, sciatica and backache. As blood purifier in leprosy, syphilis, leucoderma and other diseases of skin due to blood disorders. Used in ointments for chronic skin ailments and as corrosive to dry haemorrhoids.

Compound Preparations

Kushta Sammul-Faar, Hab-Ahmar, Jaohar Seen, Dawa-i-Siyah Kabutar wali, Kushta Gaodanti, Kushta Hartal Warqi.

Dosage

Approximately 4-20 mg. (purified, detoxified, calcined), more than this dose can cause severe adverse affects and death.

Corrigent

Clarified butter (Ghee/Roghan Zard) and Catechu (Katha Safaid).

Tenedium

Among the three types (Arsenic/As_2S_2/As_2S_3) each can be used as the substitute for other.

Comments

White arsenic is purified by soaking it in lemon-juice or in juice of plantain tree. The powdered arsenic is tied in a cloth and boiled for about 3 hours in milk on a slow fire and subliming it in a closed vessel. Boiling in milk mitigates its action where sublimation enhances its penetrating power. It is a toxic article (even detoxified) and great care is taken in its prescription. To keep the bowels soft while its administration is continued, infusion of three myrobalans in purgative dose is administered during the course. Coarsely powdered material is less toxic because it may be eliminated in faeces before it dissolves. Vasodilation, capillary dilatation, weight gain, myocardial damage, hypotension, rupturation of mucosa, diarrhoea, hematemesis, oliguria, haematuria, atrophy, convulsions and coma, fatty infiltration, cirrhosis, carcinogenesis and teratogenesis may be the toxic affects caused by arsenical poisoning.

Asphalt/Bitumen

Nature/Identification:	**Asphaltum**
Chemical/Common Name:	**Asphalt/Bituminous substance (mainly composed of benzoates)/Mastic Asphalt**
Arabic Name(s):	Hajral Moosa
Urdu Name(s):	Silajit, Kamaru
English Name(s):	Asphalt

Description

Name 'asphalt' is given to various bituminous substances which may be of natural occurrence, a residue in petroleum distillation, or a mixture of asphaltic bitumen and granite chippings, sand or powdered limestones. Also, it may be a tar formed in the earth from the decomposition of vegetable substances or ejected out substance of rock during hot weather in the lower Himalayas. It has four varieties: red, white, blue and blackish-brown, having bitter taste and of a smell resembling cow's stale urine.

Quality/Temperament

Warm and dry in second order.

Pharmacological Actions

Locally antiseptic, anodyne, antiphlogistic. Internally alterative tonic, mild laxative, cholagogue, respiratory

stimulant, disinfectant, antiphlegmatic expectorant, antiseptic, diuretic and lithontriptic. It is helpful in reducing quantity of sugar in urine.

Medicinal Uses

As a tonic Asphalt is recommended in anaemia, general and sexual debility and weakness of bones or their fractures. It is especially employed in genito-urinary disorders such as spermatorrhoea, incontinence of urine, gall and renal calculi, amenorrhoea, dysmenorrhoea, menorrhagia and diabetes. It is given in dyspepsia, anorexia, worms, jaundice, enlarged spleen and piles. Used in chronic infectious diseases such as scrofula, gonorrhoea, elephantiasis; particularly it is useful in chest complaints, chronic bronchitis, tuberculosis, phthisis etc. It is beneficial in nervous disorders, epilepsy, hysteria and insanity. Also applied as antiseptic in parasitic diseases of skin. Its paste in suitable base is applied to relieve rheumatic pains in joints, in sprains and bruises.

Compound Preparations

Hab-Mumsik, Dawa-i-Sandal, Safuf Kushta Qalai.

Bazoar Stone

Nature/Identification:	**Silicate of Magnesia and Iron/Bezoar Stone**
Chemical/Common Name:	**Serpent Stone, Alloy Magnesium Iron Silicate**
Arabic Name(s):	Hajar al-sum
Urdu Name(s):	Zehr Mohra, Fad Zehr M'adani, Fad Zehr Kaani, Zehr Mohra Khatai
English Name(s):	Mineral Bezoar

Description

A variety of soapstone occurring in very irregular and angular pieces of light yellow colour of various shapes and sizes, resemble pieces of marble. The surface is generally rough, taste is astringent and its smell resembles that of pipe clay.

Quality/Temperament

Cold and dry in third order.

Pharmacological Actions

Astringent, resolvent, refrigerant, antidotary, desiccative, calorific, useful in cholera epidemic (when used in desirable preparations), cephalic tonic, deobstruent, antiseptic, cholagogue, antiphlegmatic.

Medicinal Uses

The mineral bezoar finds use in cholera, obstinate vomiting, diarrhoea (particularly of children), in profuse, troublesome and painful menstruation. Its paste is beneficial for drying abnormal secretions and catarrhs present in a particular organ or site, resolves inflammations due to abnormal phlegmatic deposition. Relieves opacity of the cornea and stomatitis (in children) when used with Terminalia chebula. Clears abnormal marks on the skin and when made as paste into vinegar and applied over warts it gives relief. Made into gargle it proves effective in salivation.

Compound Preparations

Hab-e-Jawahir, Jawarish Zarishk, Jawahar Mohra, Hab-e-Zehr Mohra, Safuf Fizzah, Kushta Zehr Mohra.

Dosage

Powder (ash) approximately 1 g.

Corrigent

Honey.

Tenedium

Emerald (type called) Zabar-Jad in equal dose (i.e. approximately 2 g.).

Comments

Zher Mohra Khatai is the best. Any bitter substance does not tastes if taken, following its administration. It may be prescribed for all individuals and for all temperaments.

Borax

Nature/Identification:	**Borax**
Chemical/Common Name:	**Sodium Borate/Sodium Biborate/Borax**
Arabic Name(s):	Boraq
Urdu Name(s):	Sohaga, Tinkar
English Name(s):	Borax, Biborate, Triborate, Tetraborate or Pyroborate of Sodium

Description

It occurs as a natural deposit. As crude borax found in masses by evaporation of water on shores of dried lakes and from the mud of lakes surrounded by hills. It is purified by dissolving in water, straining through cloth, evaporating to dryness and crystallizing. Composed of boric acid and soda exists as impure saline encrustation of dirty-white colour.

Quality/Temperament

Warm and dry in third order.

Pharmacological Actions

Antacid, antimicrobial, detersive and corrosive, carminative, expectorant-antiphlegmatic, diuretic, emmenagogue and local sedative, antiseptic, desiccative.

Medicinal Uses

Being digestive and carminative Borax is included in prescriptions given for the correction of digestive complaints like dyspepsia, loss of appetite, indigestion and convulsions and in diseases of digestive tract including foetid stools and diarrhoea in children. Used for alleviating whooping cough and bronchitis and to reduce swelling of the spleen. As antiseptic, antimicrobial, open infected wounds are washed with its decoction or infusion and sprinkled over the wounds and cuts as antiseptic, protectant and desiccative. In otorrhoea and purulent discharge in gonorrhoea its infusion is of benefit. In aphthous mouth or ulcers its gargles are useful. As detersive applied in vitiligo and ringworm and gives relief in acne and piles. When applied on the loose teeth root, it helps their natural detachment. In varying doses it relieves acidity of the stomach, amenorrhoea, dysmenorrhoea, peurperal convulsions, and promotes uterine pains during labour. With sulphur and catechu made into ointment proves useful against ulcers and sores and to stimulate healthy response of skin. It also proves effective when applied to enlarged glands and tumours. Borax with glycerine enter into useful antiseptic lotion effective against ophthalmia and diphtheria, in stomatitis, urethritis and in hoarseness of throat.

Compound Preparations

Hab-Ashkar, Hab Daad, Hab Miskeen Nawaz, Safuf Barq, Safuf Chutki, Safuf Tehal, Safuf Qinnab, Shiyaf-Aksir Chashm, Qurs Tankar,Qurs Kabid Naushadri.

Dosage

Approximately 50 mg.

Corrigent

Cochlospermum religiosum (L.) Alston., and Gum acacia.

Tenedium

Armenian Bole (Buraa-i-Armani).

Comments

Another variety of impure salt met within small pieces or smooth translucent six-sided prisms with greyish-white

colour. It has faintly balsamic colour and becomes opaque or dirty white on exposure. Large doses or long-term use may render the body pores dried and may act as emetic, or cause diarrhoea. Large doses are considered toxic. For medicinal use turned into powdered ash over heat prior to its inclusion in a formulation (Sohaga Biryan).

Collyrium

Nature/Identification:	**Galena (the major constituent of Collyrium)**
Chemical/Common Name:	**Lead Sulphide (formerly it was identified as Antimony sulphide)**
Arabic Name(s):	Kuhl, Ismad
Urdu Name(s):	Surma, Kohl, Anjan
English Name(s):	Galena, Lead Ore, Lead Sulphide

Description

Galena, the major constituent of Collyrium (Surma/Ismad) is an inorganic lead compound found in mineralized fissure veins and replacement bodies. Some other metals (such as Silver, Copper, Zinc etc.) may be found combined with this ore in trace amounts. Occur as greyish black cubic crystals, and is practically insoluble in water or aqueous medium. Reduced to ultra fine powder it is made with or without appropriate herbal ingredients, gold or silver leaves, gem stones and marine coelenterates etc. and is used for treatment and prophylaxis of various eye diseases.

Quality/Temperament

Cold in second order dry in third.

Pharmacological Actions

Antiseptic, astringent, protects eyesight, styptic, protective against spread of viral infections. Adsorbtive, anti-infective, and oligodynamic.

Medicinal Uses

Triturated, calcined and finely powdered, made into standardized applicable form or alongwith other suitable and useful ingredients. It is used for the maintenance and improvement of eyesight, as well as to look eyes conspicuous. It protects eyes from various diseases, dirt and other invading partilces. It is also a useful astringent.

Compound Preparations

Kohl Aswad, Barud-i-Kafuri, Kohl-al-Jawahir, Kohl-i-Shifa, Surma special, Surma Sanuf, Safaid and Siah Kohl-al-Jawahir Awwal, Chaharum Kohl-al-Basar, Surmi special,

Hashmi Anjan Surkh (Manufactured by Mohammad Hashim Tajir Suma, Karachi).

Apart from the above mentioned formulations, a large number of formulations without galena are also available, such as Sufaid Kohl-al-Jawahir Awwal, Sufaid Kohl-al-Jawahir Chahram etc., however since they are also applied in the eyes for medicinal purposes, therefore they are termed as collyria.

Dosage

For external use only in micro quantities with the aid of Salai (Applicator).

Corrigent

Sugar, water extract of Coriandrum sativum Linn., Cochlospermum religiosum (L.) Altson (Katira).

Tenedium

Lead oxide (calcined Plumbum) (Seesa/Usrab) in equal doses.

Comments

Various types are used for application for example 'Surma Qandhari, Surma Isphahani, Hajr-al-Kohl (Mohammad Hashim - Tajir Surma, Karachi), are of different grades depending upon their sources and composed of variable mineral ores associated with Galena. A Surmi is another kind of Surma (Collyrium) which is comparatively black in colour than galena and differs from standard specifications of Galena. Toxic effects if any attributed to the use of Surma (Collyrium) are mostly for antimony sulphide and not associated with actual Collyrium (with major ingredient Galena) which is being used for centuries in different civilizations.

Copper Sulphate

Nature/Identification:	**Copper Sulphate**
Chemical/Common Name:	**Cupri Sulphas**
Arabic Name(s):	Tutiya-i-Akhzar
Urdu Name(s):	Nila-Tutiya, Nila-Thotha
English Name(s):	Sulphate of Copper

Description

Occurs in blue crystalline masses. Stuff obtained from the ore is purified by dissolving in water and recrystallizing and for internal use it is purified by being rubbed with honey or clarified butter and exposed to heat in a crucible. Copper

sulphate thus obtained is considered to be free of toxic affects and does not produce vomiting.

Quality/Temperament

Warm and dry in fourth order.

Pharmacological Actions

In minimum doses, powerful astringent, antiseptic, tonic and blood purifier, nervine tonic, antiphlegmatic expectorant, in recommended doses emetic. More than recommended Dosage regimen is fatal. Externally corrosive, desiccative, antiseptic, antisyphilitic.

Medicinal Uses

For external use copper sulphate is included in preparations (ointments) which are used to clear the chronic ulcerated wounds of putrefied exposed parts. Its water is useful for washing such chronic ulcers. Applied in blepharitis and on oozing boils, and on the parts of skin affected in gonorrhoea. To render blood purified and to improve immunity included in Compound Preparations effective for relieving syphilis and leprosy. In diphtheria epidemic, pharyngitis, bronchitis etc. it is also administered with other suitable drugs. If emesis does not begins within the supposed time following the administration of the recommended dose of copper sulphate, stomach of the patient must be washed instantly.

Compound Preparations

Hab-Daad, Sunun Missi, Shiyaf Aksir Chashm, Zimad Jarb, Kuhl Chikni Dawa, Marham Atishak, Marham Nasur.

Dosage

Not exceeding 5-7 mg.; 120-300 mg. approximately when used as emetic against the toxins already present in patient's body (and due intoxication to narcotics etc.).

Corrigent

Honey, oils and clarified butter (Roghan-e-Zard/Ghee).

Tenedium

Arsenic (Sankhiya) approximately 2-3 mg.

Comments

Toxic. Not for internal administration except in life threatening situations or when detoxified (by a sound traditional method). Blue vitriol is a semimetal of copper derived from it. Its compatible articles are rare and incompatibilities include wide range of alkalies, lime water and mineral salts (except sulphates and most vegetable astringents).

Iron Rust

Nature/Identification: **Ferrum**
Chemical/Common Name: **Haematite, Magnetic iron ore, (generally) the Oxides of Iron**
Arabic Name(s): Khabsul Hadid
Urdu Name(s): Faulad, Khabs ul-Hadid
English Name(s): Iron Rust, Finely prepared powder of Iron

Description

Rarely met free in nature. Found usually combined with oxygen as haematite in rocks, magnetic iron ore etc., with sulphur as iron pyrites and as carbonate of iron. As rust or the particles obtained when iron plates or rock is heated over high temperature. It is of brownish black colour and possess astringency in taste. Best is that which has been calcined following its washing in vinegar, dried and powdered.

Quality/Temperament

Warm and dry in first order.

Pharmacological Actions

Iron oxide (ferric oxide) converted into colloidal state facilitates the passage of ultrafine particles through the mucous membrane of gastro-intestinal tract. The ultramicroscopic particles thus absorbed exert special beneficial action on the blood corpuscles whose haemoglobin contents they increase and thus give more strength and vitality to the constitution. It is therefore considered to improve quality of blood. Produces constipation and is recommended to be administered with Triphala powder. Iron stimulates the functional activity of all the organs of body, and is therefore a valuable general tonic. Its preparations are reported to be powerful alterative, astringent, tonic, restorative, and resolvent of inflammations.

Medicinal Uses

Iron and its preparations are given with certain selected vehicles for example with triphala powder as general haematinic tonic, for hectic fever, in gonorrhoea, in anaemia, chlorisis, in certain haemorrhagic diseases, in scrofula, tuberculosis, in skin diseases, in jaundice, in enlarged spleen, diabetes, in leucorrhoea and other feminine complaints. In secondary anaemia due to chronic intermittent fever, iron is very useful adjuvant to antipyretic drugs. In haemorrhagic disorders e.g. haemoptysis, haematuria, bleeding from piles etc. It is interesting that iron in vegetable

or mineral compound is absorbed more readily in the system. Iron calcined with other major elements and articles (Hg, S, Au, Cu, Talc, Sn, Red ochre, pearls and shells) is regarded as effective against enlargement of abdominal viscera, anaemia, jaundice and chronic fevers. Iron preparations are generally useful against constipation.

Compound Preparations

Hab-e-Khas, Kushta Khubs al-Hadid, Hab-Yarqan, Qurs Salajit, Ma'jun Khubs al-Hadid, Ma'jun Finjnosh, Ma'jun Murawweh ul-Arwah.

Dosage

Approximately 125-250 mg.

Corrigent

Honey, oils and milk.

Tenedium

Folic acid.

Comments

Patients taking iron (reduced to ashes/calcined) should abstain from using sesame seeds, pulses and mustard seeds, fried in clarified butter or oils. Its continuous use or large doses may produce dryness in the internal organs.

Magnesium Carbonate (Magnesia Fahmi)

Nature/Identification:	**Magnesium carbonate**
Chemical/Common Name:	**Magnesiae Carbonas/Magnesite**
Arabic Name(s):	Maghnesia Fahmi
Urdu Name(s):	Maghnesia Fahmi
English Name(s):	Carbonate of Magnesium

Description

Obtained from natural deposits ($MgCO_2$) which is calcined at high temperature to drive off moisture and carbon dioxide before being used as refractory. But for medicinal purposes it is hydrated (thus identified as hydrated basic magnesium carbonate) which is odourless, tasteless, very light powder, insoluble in water and alcohol.

Quality/Temperament

Warm and dry in third order.

Pharmacological Actions

Weak antacid and mild laxative.

Medicinal Uses

Used as weak antacid and mild laxative, the light magnesium carbonate is more suitable form for the preparation of mixtures. Heavy carbonate for the preparation of powders and tablets is appropriate. Light magnesium carbonate is used for dispersing volatile oils in inhalations having an aqueous vehicle. Infiltration of the contaminated area (due to skin burn after hydrofluoric acid) with magnesium salts has been recommended.

Compound Preparations

Dawai-Subuk (antiemetic), Qurs Alkali, Qurs Bandish Khun, Qurs Gulnar.

Dosage

From 250-500 mg. as antacid (repeated with the needs of patient); 2 g. as laxative.

Corrigent

Cochlospermum religiosum (L.) Alston and gum acacia.

Tenedium

Borax (Sohaga-biryan), for temporary relief husk of Plantago ovata (Isapghol).

Comments

Magnesium salts are more soluble at intestinal pH. In the intestine some of the magnesium may be absorbed and is usually excreted in the urine. If renal function is impaired, hypermagnesemia may result. May also produce toxic affects as in case of intravenous administration of magnesium sulphate cause flushing of the skin, thirst, hypotension, blocking of neuromuscular transmission with losses of reflexes and respiratory depression. Magnesium sulphate is useful in treating seizures associated with acute nephritis, eclampsia of pregnancy, and in hypomagnesemia.

Mercury

Nature/Identification: **Mercury**
Chemical/Common Name: **Hydrargyrum, Mercury, Quick Silver**
Arabic Name(s): Zeebaq
Urdu Name(s): Paara, Seemaab, Seemab Musaffa
English Name(s): Mercury

Description

A white metallic element which is liquid at atmospheric temperature. Rarely met free in nature as silvery globules,

mostly found as sulphide or native Cinnabar. When free of other compounds or elements, it is mobile, without any taste, insoluble in water, hydrochloric acid or cold sulphuric acid but soluble in nitric acid and hot sulphuric acid. It readily volatalizes at temperature of red heat without any residue, found in market it is associated with impurities like tin, lead and stones. It is thus purified before use.

Quality/Temperament

Cold in second order, moist in third.

Pharmacological Actions

Purified or incinerated (fixed or killed) mercury finds use in traditional medicine made into preparations with suitable drugs. In small doses it has tonic, alterative, purgative, attributes stimulates liver cells and act as indirect cholagogue, anti-inflammatory, antiseptic and sialagogue activities. It readily combines with acids and fluids of the body easily absorbed and appear in blood, urine and faeces. In chronic ailments where other drugs fail, it is administered with other minerals and metals as calcined compounds which exert required diffusible action and assist absorption of drugs systemically. Often regarded as general tonic, antiphlegmatic, blood purifier, desiccative, aphrodisiac-avoricious, antimicrobial, anthelmintic, and anti-lice in application. It stimulates the salivary, duodenal, pancreatic glands, increase flow of bile.

Medicinal Uses

Calcined silver and copper when roasted with mercury and sulphur impart valuable tonic, antispasmodic and blood purifying activities. Lead when roasted in a similar way with sulphur and mercury impart its astringent property to the red sulphide of mercury. Calcined (Kushta) mercury with other suitable ingredients is effective against nervous and phlegmatic disorders, paralysis, hemiplegia, chorea, spasms, catarrh in cold and flu, bronchitis and asthma, rheumatism and acute and chronic blood disorders like syphilis and leprosy, immunodeficiency and cancers, severe impotency in healthy statute individuals, patients of tuberculosis, skin ailments, ulcers etc. Ointment of impure mercury (containing sulphur) is useful against ringworm and eczema and with Cinnabar effective for buboes. For syphilis both external and systemic use is effective.

Compound Preparations

Red Oxide of Mercury, Mercurial Ointment, Red Iodine of Mercury, Yellow Mercuric Oxide, Calomel, Hab Dabba Atfal, Hab Miskeen Nawaz, Dawai Dipti Saheb, Dawa-i-Siyah

Mushil, Tila-i-Almas, Kushta Para, Kushta Tila Kalan, Kushta Mirgang.

Dosage

Purified and calcined (incinerated/Kushta) 7-14 mg. only, Cinnabar 7-14 mg. only.

Corrigent

Milk.

Tenedium

Cinnabar (Shingraf) in equal dose (large doses may cause diphtheria, constipation, spasm and palpitation).

Comments

Purification of Mercury: From a cloth sieve, strain liquefied mercury 40 times or, in a mortar pour water of Ricinus communis Linn. leaves and triturate gently so that it lose glossiness and blackish sheen. Then pour some water of Solanum nigrum Linn. leaves and grind followed by another grinding in water of three Terminalias (kept overnight). Pour 1/2 quantity of water of that of mercury in a covered crucible with grinded material, keep over gentle heat and continuously add water so that the blackishness of mercury come into this solution. Continuously kept over heat it can be turned into ash. Over dose may cause mercurial poisoning (mercurialism) characterized by profuse salivation, swollen, spongy gums, foul breath, swelling of tongue, mouth, lips and tongue ulceration, loose teeth etc., while using mercury it is appropriate to use less salt and water.

Potassium Carbonate

Nature/Identification:	**Potassium Carbonate**
Chemical/Common Name:	**Potassii Carbonas Impura, Carbonate of Potash with some impurities**
Arabic Name(s):	Natrun
Urdu Name(s):	Javakhar, Khaar, Jaokhar
English Name(s):	Salt of Tartar, Pearl Ash, Potash

Description

It is found universally. Succulent plants contain comparatively larger quantities of carbonate of potash than others. In minerals it exists as sulphate, nitrate, carbonate and silicate, also in the felspar of granite. In traditional medicine, it is prepared by reducing to ashes the green spikes of barley (Hordeum vulgare Linn. or H. distichon Linn.) dissolving the ashes in water, straining the solution through thick cloth and

evaporating it over fire. Resulting salt is a clear amorphous powder with a saline and partly acid taste.

Quality/Temperament

Warm and dry in third order.

Pharmacological Actions

Diuretic, carminative, digestive tonic, laxative, antiflatulent, tonic for urinary organs, lithontriptic, antiphlegmatic expectorant, antiflatulent, resolvent of inflammations due to excess of phlegmatic malhumour.

Medicinal Uses

As diuretic potassium carbonate proves helpful in relieving retention of urine, micturition and jaundice and to get rid of kidneys and bladder stones and fatty depositions. Included in digestive and appetitive preparations and as tonic for digestive system, against cardialgia, acidosis, dyspepsia, enlargement of lymphatic, secreting glands and the breasts, testicles, liver, spleen and salivary glands. In enlarged spleen, liver, and in tumours in abdomen, potassium carbonate is given with decoction of myrobalans and long pepper. It is useful in allaying abdominal cysts, pelvic cellulitis, disinclination towards food, intestinal worms etc. With long pepper and other suitable ingredients it is effective against cough, bronchitis and emphysema. Locally it is effective in chronic skin ailments like leprosy, pityriasis, acne, urticaria and itching. Added into water for bath to provide relief in gout and rheumatism and to give rise to suppressed eruptions in measles and smallpox.

Compound Preparations

Hab Pachlauna, Hab Shaheeqa, Safuf al-Amlah, Safuf Basbasa, Safuf Shora Qalmi, Kushta Hajr al-Yahud.

Dosage

Approximately 500 mg. - 1 g.

Corrigent

Cochlospermum religiosum (L.) Alston and gum acacia.

Tenedium

Sea salt (Sodium chloride).

Comments

Large dose in single administration acts as emetic. Potassium is the predominant intracellular cation. Disorders of potassium homeostasis are particularly evident because of the vital role that the ion assumes in maintenance of electrical excitability of nerves and muscles. Potassium also plays important role in genesis and correction of the

imbalances of acid-base metabolism. Potassium salts are thus important therapeutic agents, but they are extremely dangerous if used improperly. Excess use may cause hyperkalemia and consequently deleterious effects on electrical activity of heart is observed.

Quartz

Nature/Identification: **Cornelian**
Chemical/Common Name: **Quartz, Chalcedony, Silicon dioxide**
Arabic Name(s): Aqiq Yamani
Urdu Name(s): 'Aqiq
English Name(s): Agate, Cornelian

Description

Cornelian is a fine grained variety (chalcedony) of quartz, consists of silicon dioxide, semitransparent, of a deep dull red, flesh or reddish white colours. Chalcedony being a cryptocrystalline variety of quartz occurs as crusts with a rounded, mammilary or botryoidal surface and as a major constituent of nodular and bedded chart, varieties include cornelian and blood surface.

Quality/Temperament

Cold and dry in second order.

Pharmacological Actions

Refrigerant and cardiac tonic, tonic for eyesight, antihaemorrhagic, lithontriptic, diuretic.

Medicinal Uses

Calcined Cornelian turned into infusible and assimilable powder-ash form is included in preparations administered to procure refrigerant, cardiac tonic, nervine, aphrodisiac effects. It is prescribed in weak eyesight and in palpitation, and to arrest haemorrhages in the internal organs particularly useful against menorrhagia and haemoptysis.

Compound Preparations

Agate: Jawahar Mohra, Kushta Yashab, Ma'jun Mughalliz Jawahar Wali, Kushta Marjan Jawahar wala, Kushta Aqiq. Cornelian: Kuhl-al-Jawahar, Mufarreh Kabir, Kushta 'Aqiq.

Dosage

Approximately 375 mg. - 1g. calcined (Kushta Aqiq) 125-500 mg.

Corrigent

White sugar and Cochlospermum religiosum (L.) Alston.

Tenedium

Coralium rubrum (bekh-marjan) and other types of cornelian.

Comments

Calcination is the method of turning such stones metals and minerals into appropriate medicinally usable form. Method comprises of turning into powder the substance in a desirable plant material in pestle mortar (e.g. in case of cornelian in Aqua rose and kept in rose flowers) and then appropriate heat for limited time is given to this material. These are called as Herbo-Metallic preparations or Kushtas - are very potent in effects and administered only in micro-doses as they are considered to possess great ionization potential. Use of arsenic, copper, tin, gold, silver, mica and other elements is made through this method. Method (calcination) is considered to atomize the herbo-metallic preparations through a colloidal system and having trace elements composition produce polycatalytic or multi-enzymatic effect accelerating the role of specific element in the body and producing a desirable activity.

Red Ochre and Heavey Kaolin

Nature/Identification:	**Kaolinum ponderosum and Anhydrous Iron Oxide (Red Ochre)**
Chemical/Common Name:	**Heavy Kaolin, Hydrated Aluminium Silicate**
Arabic Name(s):	Teen Ahmer, Gil Mughra
Urdu Name(s):	Chikni-mitti, Geru, Surkh Geru
English Name(s):	Kaolin, China Clay, Red Ochre

Description

Purified native hydrated aluminium silicate of variable composition, powdered and freed from gritty particles by elutrition (separation by washing) and dried. A fine white or greyish-white unctuous powder, odourless and almost tasteless, when mixed with hot water has odour of clay. Practically insoluble in water and organic solvents; insoluble in mineral acids and solutions of alkali hydroxides. Pure kaolin contains alumina approximately 70%, silica approximately 26%, and iron oxide approximately 4%.

Quality/Temperament

Cold and dry in second order.

Pharmacological Actions

Glutinous, antidiarrhoeal, antihaemorrhagic for bleeding from internal organs, repercussive against inflammations of warm origin (when applied in the beginning). Locally applied as anti-inflammatory, antiseptic, hygroscopic, counter-irritant, sedative, soothing and vulnerary.

Medicinal Uses

Kaolin is traditionally well-known antidiarrhoeal frequently administered for stabilizing stools and stop loose motions. Useful against intestinal ulcers, uterine ulcers and menorrhagia given with suitable vehicle. In gonorrhoea and burning sensation during urination it is administered with powdered (roasted) alum. With vinegar applied on erysipelas, erythema, herpes and burns, and with suitable herbs applied in leucoderma. It is useful for alleviating pain in inflammations whether internal or external.

Compound Preparations

Hab Bawasir Khuni, Hab Surkh-Chashm, Hab Shabyar, Safuf Habis, Safuf Surkh, Safuf Shora Qalmi, Kushta Tamysar.

Dosage

Powder 1-3 g., decoction approximately upto 12 ml.

Corrigent

Syrup of Viola odorata Linn. (Sherbet Banafsha).

Tenedium

Red ochre (Tin-e-Ahmar/Surkh Geru)/Kaolinum (anhydrous Ferric oxide) and Armenian Bole (Gil-e-Armani).

Comments

Excessive intake or long-term use may exert harmful affects on intestines, particularly cause kaolinosis in patients with lung disorders.

Sodium Salt (Natrum)

Nature/Identification:	**Natrum salts**
Chemical/Common Name:	**Sodium Benzoate (Nitrun Banjavi), Sodium Carbonate/Sodium Bicarbonate,** (Sajji/Nitrun).
Arabic Name(s):	Natrun
Urdu Name(s):	Nitrun-Banjawi, Sajji-Khar
English Name(s):	Sodium Salts, Carbonate and Benzoate of Soda

Description

Carbonates of soda are obtained by turning into ash the Chenopodiaceous species (salt worts) which grow near sea or in arid zones. Sodium benzoate is a white crystalline powder, odourless and unpleasantly sweetish with saline taste.

Quality/Temperament

Warm in third order, dry in second to fourth order.

Pharmacological Actions

Antacid, antiseptic, preservative, corrosive (highly detersive). In smallest possible doses - digestive, carminative, appetite stimulant,expectorant, alterative, diuretic. Locally anti-inflammatory, and coolant-sedative for burns and skin diseases of scaly-type.

Medicinal Uses

Sodium benzoate finds use as food preservative in very small quantities. Employed as urinary antiseptic and in a test for liver function. It is diuretic and is given when a lowering of urinary pH is desired. Sodium carbonate (and sodium bicarbonate) is a domestic antacid given for heart burn etc. It acts as anti-inflammatory for spleen and is included in preparations used to stimulate appetite and correct digestion. Also as anti-phlegmatic expectorant in combination with other suitable drugs in productive cough and asthma.

Compound Preparations

Sodium Benzoate: Khamira Gaozaban Ambari Jawahardar.
Sodium Bicarbonate: Hab-Ashkhar, Qurs Alkali, Qurs Asfar.

Dosage

Sodium benzoate approximately 30-200 mg., sodium carbonate 60-180 mg.

Corrigent

Clarified butter, milk and oils.

Tenedium

In external application subacetate of copper (Zangar) and copper sulphate (Nila-Tutia/Nila Thotha). Internally other types of naturally available salts.

Comments

Above 2 g. the salts may prove fatal. Severe excoriation is caused in stomach and intestines and as a result of continuous consumption of large amounts may cause nausea, vomiting and diarrhoea and in case of non-attention, death may result.

Sulphar

Nature/Identification:	Sulphur sublimatum
Chemical/Common Name:	Brimstone, Sulphur
Arabic Name(s):	Kibrit
Urdu Name(s):	Gandhak, Gandhak Amla Sar, Gankhak Amlasar Musaffa, Kibrit
English Name(s):	Sulphur, Sulfur, Processed Sulphur

Description

Mineral mostly in shining yellow colour, found free in beds of gypsum and in a state of sublimation in regions of extinct volcanoes, also in ores called pyrites, as sulphates and sulphides of iron, copper, lead, zinc, mercury etc. obtained for medicinal use by roasting, fusion or sublimation. It is of bitter astringent taste with peculiar strong smell.

Quality/Temperament

Warm and dry in third order.

Pharmacological Actions

Stimulant of internal body secretions, alterative, antiseptic, germicide, disinfectant, fungicide, emollient, desiccant, antispasmodic, resolvent, absorbent (arrests abnormal catarrhs present in the body). When used with mercury (as calcined - Kajli Para-Gandhak), act like a panacea in chronic ailments.

Medicinal Uses

Due to its antiseptic, desiccative and laxative properties, sulphur is administered in haemorrhoids, prolapsus and strictures, it relieves pain and help drying; and alleviate mild constipation. For pityriasis and psoriasis sulphur in suitable preparations is given systemically as well as applied externally with mustard oil. With honey used every morning to relieve advanced stages of leprosy, in acute cases given after each meal with hot water. In phthisis, tuberculosis and haemoptysis administered with Sherbet Aijaz and Khamira Khaskhash it proves useful. As blood purifier, antiseptic germicide it enters into a number of preparations effectively used against eczema, scabies, ringworm, acne, syphilis, scabies and fungal infections like Taenia. In vitiligo with sesame oil or neem oil it is effective against rheumatic pains when applied on the site of the pain.

Compound Preparations

Safuf Qinnab, Zamad Jarb, Marham Ushaq, Marham Kharish Jadid, Ma'jun Murawweh ul-Arwah, Kushta Mirgang, Kushta Faulad, Kushta Tila Kalan, Qurs Asfar, Zimad Kibrit, Dawa Karhai-wali, Dawa-i-Siyah Mushil, Dawa-i-Kharish Jadid, Hab-Dad, Hab Ahmar.

Dosage

Approximately 240 mg. - 1 g. in a desired preparation or with suitable vehicle.

Corrigent

Cochlospermum religiosum (L.) Alston and fresh milk, Viola odorata Linn. (Banafsha).

Tenedium

Various types available (yellow, white, red, black), any one can act as substitute for other according to the needs and method of preparation.

Comments

In large doses, sulphur acts as purgative and is harmful for the stomach. Sometimes it is used in combination with iron as haematonic and rarely as a remedy against involuntary or too quick discharge of semen, in impotency and as preventive against paralysis. Regarded as resolvent of inflammations of cold origin and absorbent of abnormally increased quantity of atrabile (black bile in excess).

Talc

Nature/Identification: **Hydrated Magnesium Silicate**
Chemical/Common Name: **Magnesium Trisilicate, Soap Stone**
Arabic Name(s): Hijrul 'Arabi
Urdu Name(s): Sang-e-Jarahat, Sange-Jarahat Saida
English Name(s): Talc

Description

Occurs in brownish-white or grey irregular pieces or thick masses, smooth and unctuous to touch, appearing like soap. Partially insoluble in water and in ethanol (90%), tasteless, easily pulverizable, yields a soft slippery powder.

Quality/Temperament

Cold and dry in second order.

Pharmacological Actions

Non-systemic gastric antacid, acts by physical absorption of acid and chemical neutralization. It is mildly laxative, potent astringent, desiccant and styptic.

Medicinal Uses

Magnesium trisilicate reacts with hydrochloric acid in the stomach, forms hydrated silicon dioxide which act as an absorbent both in stomach and intestine. In stomach it adsorbs HCl and pepsin and forms a gelatinous adherent coating on the ulcer crater protecting it from digestive actions of enzyme and acid. With milk cream or brown sugar, it is used internally in dysentery, diarrhoea, menorrhagia and leucorrhoea. Locally applied to syphilitic sores and ulcers,

also checks bleeding from the nose and wounds. Arrests abnormal secretions from the internal organs. Included in tooth powders to strengthen the gums and teeth.

Compound Preparations

Sunun Poast Mughilan, Sunun Mujalli, Arq Peppermint Vilayati, Qurs Asfar, Qurs Taifudia, Qurs Habis, Qurs Hiltit, Qurs Didan, Qurs Sailan, Qurs Sailan Jadid, Qurs Tabashir Mulayyin, Qurs Ood S`alib, Qurs Ghafith,, Qurs Fizza, Qurs Kaknaj, Qurs Kafur, Qurs Kahruba, Marham Kharish Jadid, Qarahine, Kushta Marjan.

Dosage

Approximately 500 mg. - 2 g. repeated in accordance with the needs of the patient.

Corrigent

Sugar and clarified butter (Ghee).

Tenedium

Armenian Bole (Gil-e-Armani).

Comments

It does not give rise to alkalosis and is non-toxic even in very large doses, however, development of siliceous calculus has followed the prolonged use of magnesium trisilicate.

Ultramarine

Nature/Identification:	**Lapis lazuli**
Chemical/Common Name:	**Native Sodium Alumino-Silicate containing Sulphide**
Arabic Name(s):	Lazward
Urdu Name(s):	Lajward, Lajward Maghsal
English Name(s):	True Ultramarine, Ultramarine Ash, Ultramarine Blue

Description

Brilliant blue pigment of poor capacity and low tinting strength derived from natural mineral Lapis lazuli. Type found in gold- alloy mines is considered best for medicinal purpose. True ultramarine as finely powdered Lapis lazuli, and the refuse in manufacture is calcined, yields delicate grey pigment known as ultramarine ash. Chemically it is native sodium alumino-silicate containing sulphide and have azure blue shade of beautiful tone.

Quality/Temperament

Washed (Maghsul) cold in first order, dry in second, otherwise warm and dry in second order.

Pharmacological Actions

Exhilarant, astringent and refrigerant, laxative for malhumours, blood purifier, emmenagogue. Locally detersive, desiccative and antiulcerative.

Medicinal Uses

Ultramarine is employed with suitable ingredients as astringent and refrigerant, and to treat variable suspicious states due to psychotropic causes or of unknown etiology. Useful in insanity, and melancholia. Mixed with jalap and other purgatives. To stop epistaxis, its snuff is useful, and to bring menses its systemic utilization with other useful ingredients is made, application of its suppository also acts as emmenagogue. Sprinkled over vitiliginous and leucodermal patches as well as applied on ulcers to dry them. As collyrium it is effective against conjunctivitis, blepharitis, epiphora and ulcers in the eyes.

Compound Preparations

Jawahar Mohra, Hab Jawahar, Ma'jun Murawweh ul-Arwah, Mufarreh Azam, Mufarreh Kabir, Mufarreh Yaquti Mo'tadil.

Dosage

Approximately 1-2 g.

Corrigent

Washing the powdered ultramarine (3-4 times in water with olive oil then boil, precipitates formation, see the Comments), Pistacia integerrima Linn. (mistagi) and Cochlospermum religiosum (L.) Alston (Katira).

Tenedium

Bole Armeniac (Hajr-Armani).

Comments

Extensive systemic use may cause nausea and colic. It is also prepared artificially (for medicinal use) by calcining together silica, China-clay, sulphur, soda ash and other minor ingredients. Not included in the list of permitted food colours. Washing is done (to reduce diarrhoea-causing tendency) by following method: Mix powdered true ultramarine gently in water, then pour some oilve oil and keep over heat to boil, then remove the heat source, the substance precipitated in the bottom of the utensil is taken out, grinded in pistil mortar and mixed in water with olive oil, keep over heat, boil and again obtain the precipitates. Repeat this process 3-4 times, precipitates thus obtained (Lajward Maghsul) are used for medicinal use.

Zinc

Nature/Identification: **Zinci Oxidum**
Chemical/Common Name: **Zinc Oxide**
Arabic Name(s): Shebah
Urdu Name(s): Jist, Tutiya-i-Safaid
English Name(s): White Zinc, Flowers of Zinc

Description

A hard white metallic element with a bluish tinge,tasteless and inodorous, changing to pale yellow by heat. It is prepared by oxidizing and roasting carbonate of zinc. It is insoluble in water, soluble without effervescence in dilute acids and ammonia water.

Quality/Temperament

Warm and dry in second order.

Pharmacological Actions

Astringent, sedative antispasmodic, desiccative, viscous and avoricious, antipyretic, ophthalmic and nervine tonic. Externally useful as soothing astringent, desiccant, antiseptic and vulnerary.

Medicinal Uses

To render the semen viscous, and to relieve spermatorrhoea, nocturnal pollution, hematuria, leucorrhoea and gonorrhoea, zinc oxide is effective. Dusted as powder or applied in ointment to treat eczema, impetigo, excoriations, bed sores, cracked nipples, wounds, burns, vesicular eczema, chronic skin diseases like pruritis etc. Internally as antispasmodic it is useful against epilepsy with valerian, in cholera, whooping cough, asthma, hysteria etc. and also applied to check profuse sweating due to its desiccative action. Zinc oxide and zinc stearate applied as powder preparations decrease friction and discourage growth of certain bacteria. Zinc pyrithione is effective against seborrhoea and dandruff.

Compound Preparations

Zinc Sulfate, Zinc Sulphate Ophthalmic Solution, Zinc Chloride, Zinc Oxide, Zinc Stearate, Zinc Oleate, Zinc Pyrithione, Barud-i-Kafuri, Tutiya-i-Kabir, Dawai-Kharish Jadid, Shiyaf Abyaz, Qatur Ramad, Kuhl Bayaz, Kushta Jast, Marham Quba, Marham Kafur.

Dosage

Calcined (incinerated/Kushta) approximately 60 mg with suitable ingredients and vehicles.

Corrigent

Honey.

Tenedium

Lead Oxide (calcined Plumbum) (Seesa/Usrab) in equal dose.

Comments

Another compound of zinc i.e. Zinc sulphide (Sang-e-Basri/ Hajral-Kuhl) also finds medicinal use as ophthalmic tonic, desiccative, astringent, nervine tonic. Zinc sulfate is used as vaginal deodorant, and to heal leg ulcers, acrodermatitis enteropathica and some zinc deficiency states. Kushta Jast (detoxified) is made by dissolving zinc rods in iron crucible and add extract of Fumaria parviflora (Shahtara). Turn this mixture over heat into ash for use. There are about 24 known zinc metallo-enzymes whose regulation depends upon dietary zinc. It is therefore not surprising that a deficiency of zinc may accompany multi-system deficiency state. Even the major zinc protein in saliva 'gustin' plays a major role in taste. Primary zinc deficiency can occur due to a disorder of zinc absorption, secondary zinc deficiency can occur due to malabsorption (metabolic) or due to increased excretion in urine.

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INDUSYUNIC MEDICINE

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